

Shimkus, Bathon face off over cellular phone bills.

See News, Page 3A

Want seafood tonight? Cast your line for catfish.

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The Warrior track team opens the season indoors.

See Sports, Page 15A

Granite City Journal

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VOLUME 18, NUMBER 22

WEDNESDAY, MARCH 16, 1994

THIRTY-FIVE CENTS

Early voter turnout is light

By Mike Myers
Staff writer

The Granite City proposal to cut the number of aldermen in half failed to spark the interest of voters, if early turnout in Tuesday's primary election was an indication.

Voter turnout was light across the city, but precinct workers said "it is about what you'd expect" for a primary election.

Precinct workers also reported there had been no noticeable increase in the number of non-partisan ballots picked up. That would have been an indication that the referendum had generated its own interest.

Although the Granite City proposal was (See VOTING, Page 8A)

Protection versus growth

Proposed used-car lot on Madison Avenue debated

By Bob Slate
Staff writer

Should used-car dealerships be allowed in residential neighborhoods?

That is the question the Granite City Council will decide March 22.

The Plan Commission voted 8-1 Thursday night to recommend that used-car lots not be allowed in the B-1 zoning district on Madison Avenue.

Proponents of B-1 maintain that the district was designed to protect residents along Madison Avenue, Iowa Street and Grand Avenue from the nuisances of heavy commercial traffic during a time of transition from mostly residential uses to more commercial development.

Businesses in the B-1 area must conform to

strict regulations regarding lighting, hours of operation, parking spaces and signs.

Opponents of B-1 say it is too restrictive and keeps new businesses from locating on Madison Avenue, where the average traffic count is about 20,000 vehicles a day.

The issue arose Thursday when Bob and Alice Milankovic asked the Plan Commission to amend B-1 regulations so that they could operate a used-car sales lot at the corner of 25th Street and Madison Avenue, former site of "The Other Place" tavern. The site is currently an 80-foot-wide vacant lot.

"Everybody is leaving Granite City now. All I am asking is for you to look at my proposal and ask yourself, 'Is this good for Granite City?'" Bob Milankovic told the Plan Commission.

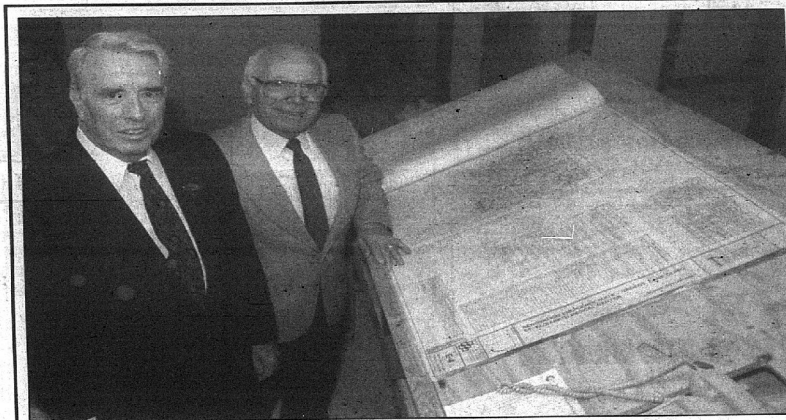
The Milankovics own Bob's Auto Sales, which has done business in the city of Madison for 30 years.

They bought the vacant property in Granite City in 1988, prior to the city's adoption of the B-1 zoning ordinance, said their attorney, Mark Goldenberg.

Goldenberg said that allowing the Milankovics to operate the business would generate sales tax revenue and increased property taxes for the city.

He also said that the proposed car lot would be less disruptive to residents than existing businesses in the area such as a beauty shop.

He said the Milankovics are willing to allow "reasonable restrictions" — regarding hours of operation, lighting, screening and parking — to be (See ZONING, Page 13A)



(Staff photo by PAM DOEPKE-HURD)

WINGS Chairman Frank McGinnis, left, and Vice Chairman Bob Lombardi at the site of St. Elizabeth Medical Center's Family Clinic, which is being incorporated into the hospital.

Hospital campaign drive kickoff today

The third annual We're Investing in New Growth at St. Elizabeth Medical Center (WINGS) campaign kicks off at 7:30 a.m. today (Wednesday) with a breakfast meeting at Ravanelli's Restaurant in Granite City.

The goal is to raise \$150,000 to help renovate the medical center's Emergency Room, move the center's Family Services Clinic to the main SEMC site near the Emergency

Room and establish an "urgent care" area.

At the breakfast, Dr. Steve Barr, medical director of SEMC Emergency Services, will talk about the importance of the Emergency Room project and explain its positive effects for the hospital and the community.

Ted Eilerman, SEMC president, will talk about the (See DRIVE, Page 13A)

Pontoon Beach annexes 13 parcels

By Amber Rogers
Correspondent

The village of Pontoon Beach has once again expanded its boundaries, annexing 13 tracts of land and increasing its population by about 200.

The Village Board at last week's meeting annexed individual tracts of land by passing 13 ordinances.

"It's beneficial for us to grow and develop," Village Clerk Lou Whitsell said.

"Another reason we annexed was because of the Police Department."

"All those small pieces of land that weren't part of the village, but surrounded by it, had to get their protection from the county. If they'd call up Pontoon Beach Police, the police would have to try to figure out if they were a part of the village or not."

"Really," Whitsell said, "it gets confusing. We're trying to make it better for the police and the people."

Whitsell said the city can annex land by ordinance, if the land is less than 60

acres and be one of three things: It must be bounded on three sides by Pontoon Beach and a lake; be bounded by Pontoon Beach on three sides and another municipality; or be completely surrounded on all sides by Pontoon Beach, Whitsell said.

He said most of the land annexed consisted of unincorporated small parcels of property that "louched up against Long Lake and Granite City, or land that was surrounded by the village and never before annexed to the village."

"We tried to close up all the little 'doughnuts' and holes," Whitsell said.

The first ordinance annexed land "east of Long Lake, between Georgetown Drive and Minnow Drive," Whitsell said.

A small tract of land southwest of Westgate Drive was annexed, as was land south of Westgate Drive along with a smaller section north of it, according to Whitsell.

"Lake Drive and land west, east and southeast of it, including Long Lake Shore Acres, was annexed. It was wholly bound (See PONTOON, Page 13A)

Achievement nominees sought

Nominations currently are being accepted for the 39th Women of Achievement Awards, co-sponsored by the *Suburban Journals* and KMOX-AM (1120) Radio.

Ten awards are given annually to "women who have made a commitment to serve the communities in the St. Louis area and whose efforts have improved the quality of life for those around them."

A committee of community leaders and former Women of Achievement winners will choose the 1993 awardees.

(See NOMINATIONS, Page 13A)

Women of Achievement

Man wounded in drive-by shooting

By Bob Slate
Staff writer

Police say they have no leads to investigate in an apparent drive-by shooting incident early Saturday morning at the Stagez Nightclub in Madison.

Robert C. Milligan, 21, of St. Louis was shot in the leg. He was taken by Campbell's Ambulance Service to St. Elizabeth Medical Center, where he was treated for a bullet wound to his right thigh and later was released.

The shooting, during which 10 to 15 rounds were fired from a handgun, occurred at 4:25 a.m. Saturday, according to a police

report. The nightclub is located near the Gateway International Raceway on Highway 203.

A 19-year-old Granite City man who was working as a security guard outside the club told police that Milligan was leaving the establishment when the front-seat passenger in a car pointed a handgun at the front of the building and fired between 10 and 15 shots.

The auto was possibly a red Saturn. It was being driven east on the parking lot about 200 to 250 feet away from the door of the club.

Madison Police Chief Paul Bargiel said Monday that police (See SHOOTING, Page 13A)



(Photo by DIANA KENDER)

Food for pantry — Girl Scout Emily Zarate of the Mariner Ship Lorelei puts canned food collected by area Girl Scouts Saturday on a shelf in Protestant Welfare's food pantry. Over 2,400 items were collected. See Page 7A for more photos.

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Deaths

Louis Brusatti
Lillian Buck
Charles Roberts
Doris Ryan
Theodore Scrum
Violet Thurau
Donald Varady
Melvin Wilson

Coming Thursday

News — All the results from Tuesday's primary election.

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Police chief upset with thin ranks in S. Roxana

SOUTH ROXANA — The long arm of the law is short-handed, and the police chief is up in arms about it.

"I hope nothing happens to Dave (Bedwell) or me because they won't have a Police Department," Chief Dennis Carpenter said Thursday night after the Village Board tabled a decision to "hire another police officer."

The village has three full-time officers — Carpenter, Bedwell and Jack Stalcup — but Stalcup is out of service because of an injured elbow suffered in December while chasing a prisoner fleeing from the Police Department.

"We are working 12-hour shifts six days a week and I am very sick of it," Carpenter said. "This is something that needs to be done and I do not understand why they did not do it tonight."

A Police Committee recommendation to hire a fourth full-time officer was tabled by the board after Trustee David Dixon questioned the cost.

"We need to look more into the finances of this," Dixon said. "We need a public works director before we hire an officer."

Dixon added that the Police Department has been operating with only three full-time officers for 10 years.

The board will again consider the issue at its March 24 meeting.

"I wish we could have started the hiring procedure because the overtime is eating us up," Police Committee Chairman and Trustee Frank Cummings said.

"I do not know if we can afford it but to get the police coverage we need we have to."

Village Treasurer Kimbra Stone said she did not think the

village had the extra money to hire an officer.

"I can look again but we have been at a standstill for the last three or four months," she said.

The city uses part-time officers to supplement the full-time force, and Cummings said adding a fourth full-time officer would cost the village about \$3,000 more a year. But Carpenter said the cost would more likely be \$4,000 to \$6,000. Cummings did not have figures on how much overtime is being paid to Carpenter and Bedwell.

A full-time officer would start at \$9.84 an hour. Part-time officers make \$6 an hour.

"I have not seen any figures on this and I want to see them before I make a decision," Dixon said after the meeting. "I don't think we can afford it."

Mayor Danny Wilcox was angry with the board. "They would want help if it was them," he said. "It is a shame they expect these men to work these kind of hours. If they think we do not need another officer, then they should come in and volunteer some of their time."

Because of the staffing shortage, the board rejected a contract with Shell Oil Co. for traffic control at the south gate employee parking lot on Madison Avenue. The contract would have paid the village \$16 an hour for its services.

"I feel real bad about Shell," Wilcox said. "We try to have good company relations. They're our neighbor and are trying to help us out and we have to turn them down."

The village has eight part-time police officers, but Carpenter said most of them have other full-time jobs and are not available for day shifts.

Police beat

The following are among incidents reported recently at area police departments.

Drug possession

• Regina L. Glaspie, 22, of the 2200 block of Lee Avenue, was arrested at 6:27 p.m. for unlawful possession of cannabis.

Police reported that Glaspie had a partially-smoked hand-rolled cigarette, alleged to contain cannabis, in her purse; and a small plastic bag containing about five grams of a green leafy substance, alleged to be cannabis, in her bra.

DUI

• Lenny S. Ramsey, 28, of Fairway Estates in Granite City, was arrested at 11:13 p.m. for driving under the influence of alcohol, failure to reduce speed to avoid an accident, and failure to wear a seatbelt.

An officer responding to an accident on Missouri Avenue at the railroad tracks in front of A.O. Smith Corp. reported finding her in a blue 1988 Pontiac Bonneville. Ramsey and witnesses told police the Bonneville was northbound on Missouri Avenue and could not be stopped before hitting the rear of a 1988 Dodge Dakota that was stopped at the crossing, waiting for a train to pass.

The Dakota, occupied by Jason J. Neudecker, 23, of Alton, spun around and struck a boxcar on the train.

Both Ramsey and Neudecker were taken by ambulance to St. Elizabeth Medical Center. Ramsey refused treatment for facial injuries, declined to take a blood test and was charged, according to a police report, with driving while intoxicated. Neudecker was treated for minor injuries and was released.

Improving Crime rate down at Kirkpatrick Homes

By Mike Myers
Staff writer

It was not so long ago that Kirkpatrick Homes — Granite City's federal low-income housing project — was the scene of so much petty crime and illegal drug traffic that the Granite City Police Department made it a separate police patrol district.

"But that's just not true any more," said acting Police Chief Dave Ruebhausen.

"To be honest, there are other areas in the city that are a whole lot worse than Kirkpatrick when it comes to police problems."

"I don't want to give the impression there aren't any problems or drug dealers there anymore."

"We periodically make arrests there. But things have certainly gotten better."

"Kirkpatrick is just not the problem it used to be. The reason for the change?

"I believe it is management," Ruebhausen said. "I have been very pleased with the cooperation in getting evictions."

And I think that (Michael) McKee, executive director of the Granite City Housing Authority, which manages Kirkpatrick Homes, has done a pretty good job of cleaning out the problem residences."

But McKee, who became executive director in 1987, gives the credit to the police department.

"The police did all the work," he said. "We just cooperated."

Replied Ruebhausen, "Michael would say that — he's always a gentleman. Let's just say there is a cooperative spirit."

Both McKee and Ruebhausen agreed that the problem has never been the legal residents of Kirkpatrick Homes.

"It's the folks who come in and just stay with someone else," Ruebhausen said.

"They (the unauthorized residents) don't have anything to

lose and don't care about their neighbors," the acting chief said.

"Ninety-eight or 99 percent of the residents are just trying to get along without harming anybody," McKee said. "The vast majority of the problems are with non-residents who somehow end up being here."

And that's the problem being solved by cooperation between the police and housing authority.

"The housing authority has been very good at reacting whenever we let them know about a problem," Ruebhausen said.

McKee said the housing authority and police are "not like 'Big Brother,' intruding into the lives of the residents," but make it clear there will be a reaction to problems.

"All we're doing is enforcing the lease," McKee said.

"When a person comes here, there are rules to follow. If they are not enforced, it is not fair to the people trying to get along."

Registration now open for drama, art classes

Creative Express is now taking registrations for its spring session. Classes are held at the Glen Carbon New Bethel Methodist Church, 131 N. Main St. (Glen Carbon Road).

Drama classes are:

• Creative Dramatics, ages 4 and 5, Mondays, 5-6 p.m.
• Creative Dramatics, ages 6 and 7, Tuesdays, 5:30-6:30 p.m.
• Introduction to Stage, ages 9-11, Thursdays, 5:45-6:45 p.m.
• Acting II and Advanced Acting II are also being offered as continuing classes for students who

meet the prerequisites.

Art classes offered are:

• Cartooning, ages 9-12, Mondays, 5-6:15 p.m.
• Paper Mache Relief Sculpture, ages 6-8, Mondays, 5-6:15 p.m.

• Paper Mache Relief Sculpture, ages 9-12, Mondays 6:30-8 p.m.

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Drug-testing policy begins for some city employees

By Bob Slate
Staff writer

A random drug-testing policy is now in effect for some Granite City employees.

The employees were notified of the policy change in a memo included in their paychecks issued this week.

The memo states that a 60-day period of amnesty — when employees with a drug or alcohol problem can turn themselves in and receive treatment without ramifications — has begun and names will be drawn for testing at random beginning in mid-May.

The employees include those in positions appointed by the mayor; workers in the city's sanitation department who agreed to the testing policy in a recently approved labor contract; and "white collar" workers, members of American Federation of State, County and Municipal Employees (AFSCME) Local 3408, who have reportedly reached an impasse in contract negotiations.

Mayor Ron Selph said he will also submit to the random drug testing program.

"It is important that we set an

example and lead the way to make this city a drug-free workplace," Selph said Monday.

Until now, police officers were the only employees in the city to have agreed to a random drug-testing policy.

Firefighters, operating engineers at the Wastewater Treatment Plant, and employees at the street department are all exempt from the new policy because contract talks on the subject of drug testing are continuing, are in arbitration proceedings or have not yet been initiated.

Under the terms of the drug policy, employees possessing illegal drugs, controlled substances and look-alike and designer drugs in the workplace can be subject to immediate discharge and criminal proceedings; those possessing alcohol or drug paraphernalia in the workplace are subject to immediate disciplinary action; and those in possession of over-the-counter drugs or legally obtained pharmaceuticals to the extent that they impair the employee's performance must be warned before being disciplined.

Disciplinary action in most cases will include a five-day sus-

pension without pay.

All new employees will be tested for illegal substances prior to employment.

Employees may also be tested if there is reasonable suspicion to believe the employee has used illegal drugs or alcohol.

The city may also test up to 25 percent of its employees at random during any 12-month period. Any employee refusing to be tested will be treated as if he or she tested positively. If the employee does not pass a drug test within 48 hours, he will be discharged immediately.

Any employee who tests positive may not return to work until the worker passes a subsequent test. Any employee who returns to work after a positive test may be subject to a program of random follow-up testing without prior notice for up to 36 months after returning to duty.

Employees who do not seek treatment during the initial 60-day amnesty period may later seek treatment or counseling without disciplinary ramifications if they ask for counseling prior to being selected for testing.

A second positive test or refusal to be tested for discharge under the terms of the policy.



(Staff photo by PAM DOEPKE-HURD)

Building blocks — Five-year-old Matthew Evanoff builds a tower with wooden blocks Thursday afternoon at the Granite City Library. His mother, Carol, is watching.

SIUE hikes student fees, rents

Student apartment rental rates and three student fees will be higher beginning this summer at Southern Illinois University at Edwardsville.

The SIUE Board of Trustees also set room and board rates for the new student residence hall at a meeting Thursday in Edwardsville.

The board delayed until next month, however, a decision on proposed fall tuition increases.

The Campus Housing Activity Fee will increase from \$6 to \$8 per semester and from \$3 to \$5 for the summer session. All residents of university housing, including those in the new residence hall that opens this fall, pay the fee.

The fee supports programs, activities and services for students who live on campus. The increases were recommended by an advisory committee of residents of Tower Lake Apartments, the only existing on-campus housing.

SIUE's textbook rental fee will rise from \$46.50

to \$52 per term. The fee is the same for the summer session as for the fall and spring semesters.

The fee has not been increased since 1991, but textbook price increases have been averaging 6 percent to 8 percent annually, officials said.

The athletic fee at SIUE will increase \$2, to \$32.55 per semester for a full-time student. The fee for the summer session increases from \$20.35 to \$21.70.

While the athletic fee is the principal source of support for the university's intercollegiate athletics, it has not been increased since the summer of 1982.

Rent increases at Tower Lake Apartments will help pay for a continuing renovation of the complex. Rent will be boosted 3 percent for family apartments and 8 percent for single residents.

— From the Alton Telegraph

Officials ring up feud over phone

Madison County Treasurer John Shimkus and Auditor Fred Bathon may have to replace some burned-out circuitry if the debate over county-owned cellular phones gets any hotter.

The officials, who hail from opposite sides of the political divide, squared off face to face Thursday for the first time since Bathon's office was directed last week to look into possible misuse of county-owned phones and pagers.

"You harp and growl about a thousand dollars when the county is in budget straits, but the only reason I have been specifically named in any of this is because I'm a Republican," Shimkus said Thursday during a heated meeting of the County Board's Finance Committee.

Shimkus was referring to objections Bathon and Finance Committee Chairman Bill Little of Alton have raised about \$1,114 in cellular phone bills racked up by Shimkus at taxpayers' expense between July 1991 and March 1992, including \$324 in one

month at the start of Shimkus' unsuccessful run for Congress.

Some of those calls were made from Chicago, Galesburg and Jerseyville.

Bathon, a Democrat, maintains Shimkus' political affiliation has nothing to do with the probe into cellular phone use.

Shimkus, whose phone bill for March 1992 was \$324, said he started paying the bills out of his campaign fund in April 1992 when campaign-related calls started to outnumber calls involving county business. By doing that he saved the county more than \$700 in the basic monthly cost of the car phone from April to December 1992, he said.

At the end of the campaign, Shimkus gave up the phone and now uses a pager, which is paid for out of the treasurer's office budget.

"I don't know any reason John Shimkus would need a pager or a phone. Is someone calling to tell him the banks are blowing

up?" Bathon said during a meeting that at times resulted in shouting and cursing.

Shimkus responded that he needs the pager to stay in touch with his office when he walks to another office in the four-story Administration Building.

Bathon disagreed.

"If I go down to another office, I tell my secretary where I'm going and what the number is so anyone can reach me there," Bathon said.

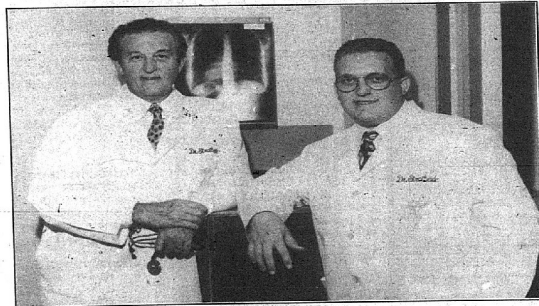
Last week, Little directed Bathon to look into phone and pager use countywide to see if there is any abuse by elected officials or department heads.

At the time, Shimkus' phone bills were the only specific examples Bathon's staff had come across but others have surfaced, including late-night calls made on a cellular phone in the Building and Zoning Department.

The individual who made the calls and the cost was not available last week.

— From the Alton Telegraph

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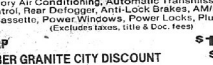
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Auto, ABS, 5-Speed, LOW, LOW PRICE	Power Windows, MUCH, MUCH MORE	Auto, Air, and More, LOW MILES	3rd, Auto, RED ROCKET	MUCH, MUCH MORE
1990 GEO STORM GSI	1991 LUMINA 4 DOOR	1991 CAVALIER RS	1986 CHEV. ASTRO	1991 S-10 EXT. CAB
Auto, A/C, Pwr. Steering, AM/FM Cassette, MUCH, MUCH MORE	4 DOOR, LOW MILES	Auto, A/C, AND MORE	Auto, A/C, LIKE NEW	EXTRA CLEAN
1991 CHEV. CAVALIER	1990 LUMINA 2 DOOR	91 CHEV. CK1500 SILVERADO 4X4	OVER 30 PROGRAM CARS IN STOCK	1993 FORD TEMPO GC
Auto, A/C, 3 DOOR, NICE CAR	2 DOOR, EXTRA CLEAN LOADED	Loaded, 4 WHEEL FUN	CAVALIER, ASTRO, CORSICA, LUMINA	4 DOOR, A/C, P.S., 100,000 Miles, LESS THAN 15,XXX MI.

WEBER GRANITE CITY
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Rte. 3 and Pontoon Road, Granite City, Ill.
451-7913

Council agenda for Wednesday night's meeting

- TOWNSHIP MEETING**
- 1) Prayer
 - 2) Pledge of Allegiance
 - 3) Roll Call
 - 4) Minutes
 - 5) Communications
 - 6) Finance: Walter Milton
 - 7) Town Fund and General Assistance
 - 8) ADJOURNMENT

- CITY COUNCIL MEETING**
- 1) Roll Call
 - 2) Minutes
 - 3) Communications
 - a) request to address the council: Daniel Antonovich, re Bremen Avenue
 - b) reports of various departments
 - c) IDOT notification signal improvement at Hwy 3 and Niedringhaus Avenue was approved
 - d) notice of bankruptcy
 - e) letter from housing development re Moretgate Credit Certificate program
 - f) request from Chamber of Commerce to conduct a cleanup campaign
 - g) request from Tri-City Mission Outreach to conduct a roadblock
 - h) request from churches to hold a CROP walk
 - i) request from cancer society to have a residential fund-raiser and roadblock
 - j) notice of Council of Mayors meeting
 - 4) Remarks by Mayor
 - 5) Standing Committee reports
 - 6) PLANNING AND ZONING: Bob Shipley
 - a) demolition bids: 1907-99 Delmar/1245-52 Niedringhaus, and 1254 Niedringhaus
 - b) minutes of Board of Appeals meeting
 - ORDINANCE: Casmer Skubish
 - a) resolution — contract to purchase land
 - STREET AND ALLEY: Dan Partney
 - a) letter from Juneau Associates re Bremen Ave.

- nue
- b) letter from Juneau Associates re emergency sewer repairs at sites 2, 13, & 13-AL (Hwy. 3)
- POLICE AND CIVIL DEFENSE:** Sandy Crites
- a)
- FIRE, WATER AND AMBULANCE:** Craig Tarpoff
- a)
- WASTEWATER TREATMENT:** Kim Affolter
- a)
- SANITATION AND INSPECTION:** Nick Petrillo
- a)
- INSURANCE AND SAFETY:** Kim Affolter
- a)
- INDUSTRIAL SEARCH, ECONOMIC DEVELOPMENT:** Bob Page
- a)
- DOWNTOWN REHABILITATIONS:** Jim Miller
- a)
- FINANCE:** Walter Milton
- a) payroll
 - b) Jan. 31 revenue/expenditure report
 - c) treasurer's report
- LEGAL AND LEGISLATION:** Eddie Asadorian
- a)
- TRAFFIC AND LIGHTS:** Foster Frederick
- a)
- CITY HALL AND BUILDINGS:** Juanita Crawley
- a)
- Report of officers**
- 7) Unfinished business
 - 8) New Business
- ADJOURNMENT**

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

Wednesday, March 16
Gourmet-frank, baked beans, potato salad, hot dog bun, fresh fruit.

Thursday, March 17
Corned beef, cabbage, sweet potato patty, corn bread, pound cake with strawberry glaze, St. Patrick's Day special.

Friday, March 18
Jack salmon, spaghetti with meat sauce, cole slaw, white bread, fruit salad.

Monday, March 21
Beef pepper steak, macaroni and cheese, steamed broccoli, wheat bread, lemon pudding.

Tuesday, March 22
Baked chicken, au gratin potatoes, sweet peas, wheat bread, jello with fruit.

If you have lost your card, using the above information will help you get a new one. We can make a new one for you. If you have lost your card, please call 877-4373.

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Hardy scholarship available

Applications are now available for the Bob Hardy Scholarship in Broadcast Journalism at Southern Illinois University at Edwardsville.

The scholarship is open to SIUE juniors pursuing a degree in broadcast journalism, (mass communications, television radio). Juniors majoring in the program with a 2.5 grade point average or higher will be eligible to apply for assistance with tuition and fees for their junior and senior years.

Applicants will also submit an original essay on "Integrity in Broadcast Journalism." Recipients will be chosen by a committee established by the chairman of the department of mass communications.

The application deadline is March 15. For more information or an application, interested persons may contact: Barbara C. Regnell, Department of Mass Communications, SIUE, Campus Box 1775, Edwardsville, IL 62026-1775, telephone 692-2230.



FOLK ART & DECORATOR SHOW

Sponsored by
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Saturday, March 19, 1994 — 10:00 A.M. to 6:00 P.M.
Sunday, March 20, 1994 — 10:00 A.M. to 4:00 P.M.

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Houseplants

Remedies for common ailments
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Where Beautiful Things Begin

Are your houseplants looking a little under the weather lately? Have some of your blooming beauties waned into a lackluster form that thoroughly resembles their once-proud glory?

If so, take heart! Your plants may not be ready to succumb. If you know what's ailing them, you can take corrective action. And that's where we come in.

Following are some common houseplant problems and the appropriate remedies.

• **Small leaves, poor-growing plants, leaves fairly brittle, with a dull green color.** Probable cause: Not enough water. Get out the sprinkling can and soak 'em thoroughly.

• **Tan or brown patches developing on leaves.** Probable cause: Sunburn. That's right! Houseplants can suffer sunburn, just like us.

Some plants can't tolerate full sunlight. The first step to take, obviously, is get them out of the sun, by either moving them or closing the curtain. Prune away any damaged leaves and keep them watered well.

• **Plant fails to grow as fast as it's supposed to.** Probable cause: Not enough light. Light is a source of energy for plants, and they have to grow slowly in locations where the light's too dim. If the light is coming from one direction, the leaves will turn in that direction. Plants with colorful foliage need plenty of light.

• **Plant fails to grow at all.** Probable cause: Too much water. Plants all require water to live, even cactus, but they don't want too much of a good thing! Roots can rot if left in water too long. If the air space in the plants' soil is constantly filled with water, the roots can be weakened to the point of dying. Naturally, weak roots cannot absorb nutrients needed for growth.

• **Long, narrow leaves turn yellow at the tips.** Probable cause: Salt damage. Where can salt come from? Several possibilities. Salt can accumulate in the water and it's present in the fertilizer used for the plant. Salt is found in tap water and can

build up in the soil over time. Whatever the source, excessive salt does your plants no good. The solution is this: Place the plant in the bathtub or wash basin and water it thoroughly. This should be repeated at least two more times, allowing all the water to completely drain each time.

• **The oldest leaves (usually the lower ones) turn yellow and drop.** Probable cause: Nitrogen deficiency. Nitrogen is used in large amounts by the plant. When the nitrogen decreases, plants become spindly and weak. The solution is to head to Frank's. Ortho's Rapid-Gro 23-19-17 will give the plants a quick pick-me-up. They can then be fertilized with a good houseplant fertilizer, such as Miracle-Gro (15-30-15 for flowering plants or 30-10-10 for foliage plants) or Ortho Liquid Plant Food 12-6-6.

• **Leaves look dull with dark, sticky webbing on undersides; could still have sticky substance.** Probable cause: Spider mites. Spider mites are related to spiders, and they're real pests of houseplants. They damage the plant by sucking sap from the undersides of the leaves, and as a result, the green pigment disappears. The army of spider mites can increase rapidly under warm, dry conditions. Spider Mite Killer, House Plant Insect Control, Whitefly & Mealybug Killer, all made by Ortho, will take care of the problem.

It's always important to remember: When using any product, follow the directions on the product's label.

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St. Charles - 3725 Harry S. Truman
(314) 926-2148
Bridgeton - 12253 St. Charles Rock Rd.
(314) 298-7067
O'Fallon - 8901 Page
(314) 429-5155
Hortonville - 11015 Old Hall's Ferry
(314) 355-8509
Kirkwood - 1135 S. Kirkwood
(314) 821-8856
St. Louis - 4650 Landdowne
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care they need is easy with help
from the experts at Frank's!

KKK vs. racial harmony group

New group seeks rally permit for same day as Klan

A newly formed civic group dedicated to racial harmony could crowd the Knights of the Ku Klux Klan off the Madison County Courthouse plaza.

The Madison County Committee for Racial and Religious Harmony has applied for a permit to hold a rally on the plaza between the courthouse and the county Administration Building May 6, the same day requested by Klan leaders for their own rally.

Klan leader Thomas Robb filed his permit application in early February, four weeks before the racial harmony group's request, but the harmony group could be the only group rallying on the plaza May 6.

"We are specifically asking to use the space between the courthouse and the Administration Building, what they call the plaza," said Edwardsville attorney Larry Taliana, chairman of the racial harmony group. "In the Klan application, all they say is they want to have a rally on county property. We're the only group that has specifically requested permission to rally on the plaza."

The County Board's Buildings Committee was expected to act on both groups' permit requests last week but postponed action until this week because three of the committee's five members were absent. At least three committee members must be present before formal action is taken.

Buildings Committee Chairman Herbert Milton Jr. declined to comment on the

"I don't know that our rally would be so much to counter anything done by anyone else as much as it would be a celebration of racial and religious diversity. We're still organizing and getting an idea of who will be part of this. We expect it to be very representative of the community."

— Larry Taliana
Edwardsville attorney

permit requests until the committee can formally discuss the issue.

Taliana's permit application, filed Friday, said about 50 people would rally from 5:30 to 7:30 p.m. May 6.

"I don't know that our rally would be so much to counter anything done by anyone else as much as it would be a celebration of racial and religious diversity," Taliana said.

The new group includes the Edwardsville chapter of the National Association for the Advancement of Colored People, church groups and individuals, Taliana said.

"We're still organizing and getting an idea of who will be part of this. We expect it to be very representative of the community," he said.

Robb, of Harrison, Ark., could not be reached for comment.

Last month, the Buildings Committee

asked State's Attorney William Haine for a list of regulations that the Klan could be held to as a condition for permitting the rally.

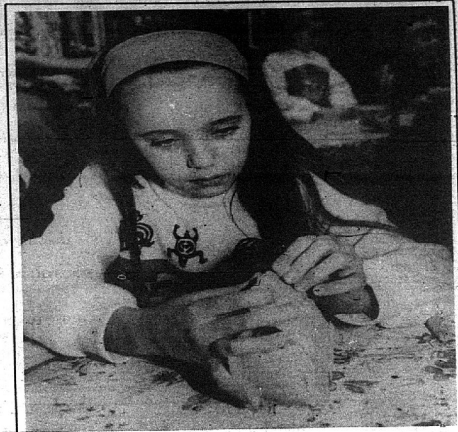
At the time, Haine said the regulations would be designed to protect county property and would likely prohibit provocative acts such as cross burning.

"I expect to have something to offer the Buildings Committee at their meeting next week," Haine said Monday.

He declined to comment on the racial harmony group's request for a rally until he has a chance to review the application.

Robb has said his group burns crosses only on private property and would agree to any conditions set by the county as long as they do not infringe on the Klansmen's First Amendment rights.

— From the Alton Telegraph



(Staff photo by PAM DOEPKE-HURD)

Clay art — Heather Evanoff, 10, pinches together the roof of the clay house she was working on at the Granite City Library during a craft program at the library.

Group seeks to expand food program

A state hunger group wants to make sure children from low-income families don't go hungry when school lunch lines close down for the summer.

The Illinois Hunger Coalition has launched a statewide campaign to expand the Summer Food Service Program in Illinois, a program offered by 71 sponsors, including the Madison County Housing Authority, that provides meals to children from low-income families during summer months.

The coalition's goal is to recruit 95 sponsors by next year, director John Colgan said. As long as sponsors are found to run the lunch lines, covering the cost is not a problem because the federal government picks up the tab.

There are 355,000 low-income children in Illinois who depend on school meals for one-half to one-third of their daily nutritional needs, but only 13 percent participate in summer food programs. "Low-income kids need the program because it is the only (one) that takes the place of school meals during summer months," Colgan said.

The Madison County Housing Authority provides meals for 350 children a day at five sites, said Lucille Barger, director of housing.

Income ceilings for eligibility include: families with four children, \$26,548; families with three children, \$21,997; two children, \$17,446; one child, \$12,895.

Easter Values

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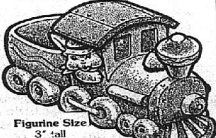


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REGISTER DAILY

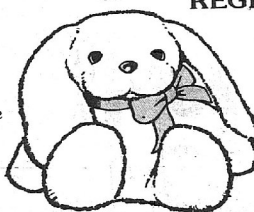
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REGISTER THRU MARCH 31, 1994

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10:00 a.m. - 12 Noon

SATURDAY 3/26

2:00 - 4:00 p.m.

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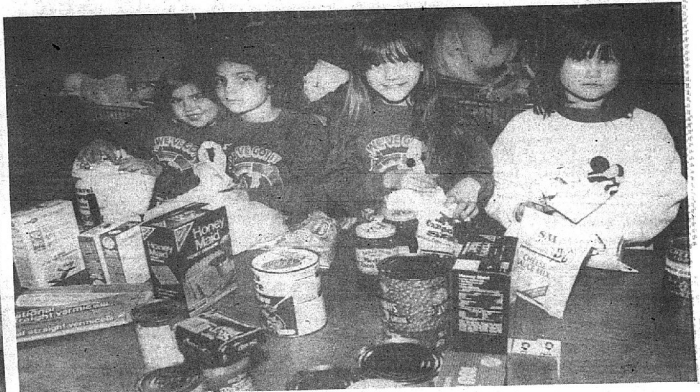
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 452-2009



(Photos by DIANA KINDER)

Collection — Area Girl Scouts collected more than 2,400 items for the Protestant Welfare's food pantry on Saturday. Above left, Brownies from Troop 928 of Frohardt School remove bags of food from the trunk of a car; from left are Amanda Moore, Jenna Ely and Katie Roots. At right, Brownies, from left, Jennifer Milton, Emily Fouts and Amy Shipley push a shopping cart full of food into the food pantry. In

bottom left photo, Junior Girl Scouts from Troop 303 of Niedringhaus School unload food at the food pantry; from left are Jessica Ussey, Tina Evans, Kristi Sarich and Jennifer Humphreys. At bottom right, sorting food are, from left, Carrie Taylor, Kim Roady, Stacey Colp and Jean Kaminsky of Troop 143.



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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, March 16

Granite City Business and Professional Women, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., followed by a program at 7:15. Open to the public. For more information call 831-1112 or 876-8914.

Granite City Board of Realtors, meets at noon at Ravanelli's Restaurant, Granite City.

Pulmonary Support Group, for persons with diagnosed lung condition, 10 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Edison, Granite City, 876-8467.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 692-8078.

Parents Anonymous Group, meets 8 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4220. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1390.

Thursday, March 17

Singles Connection, We will celebrate St. Patrick's Day at She-

nanigan's, Route 157 in Edwardsville at 7 p.m. Call Frank at 876-4315.

Mount Zion Baptist Church, 4 to 6 p.m. at 2227 Mockingbird Lane. "Meals from the heart," a free meal to those in need. Clothing is available. Open to the public.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngrave Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 876-8467.

Alcoholics Anonymous, 11 a.m., Unity Chapel, Stratford and Village lanes, Granite City, 876-8467.

Al-Anon, 9:30 a.m., St. Elizabeth Church, 2300 Pontoon Road, 692-8078.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa (babysitter available), 692-8078.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar, 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 90th St., Caseyville. For information, call 1 (314) 633-7821.

Granite City Community Band rehearsal, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, March 18

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Singles Connection, Dinner at the American Legion, 1022 Vandalia St., Collinsville, at 6:30 p.m. Call Sandy at 344-1393 for reservations. We will go to Terry's Bar and Grill afterward.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety) A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center, Call 798-3604 for more information.

Saturday, March 19

Singles Connection, Dinner and bowling. We will meet at 7 p.m. at PK's Restaurant, 202 S. Buchanan in Edwardsville. We will then go to Monclaire Bowl for Scotch doubles. Call Kevin at 667-0155 for reservations.

Obsessive/Compulsive Disorder Support Group, meets at Von Gortard Conference Center at St. John's Mercy Medical Center, 615 South New Dallas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call 1 (314) 843-3878.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon Adult Children, 10 a.m., the Quad Club, 2016 Delmar, 692-8078.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar, 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman. Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, March 20

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular dance meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-9405.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Narcotics Anonymous, Live the steps, 8 p.m., 2016 Delmar, 24-hour hotline 398-9409.

Singles Connection, We will bike or hike the Iron Carbon trail at 2 p.m. We will meet in the parking lot next to the fire house. Call Bey at 341-5141.

Singles Connection, Imperial Dance lessons held at 6 p.m. at the American Legion Hall, 1022 Vandalia St., Collinsville. \$4 fee covers lessons and the general dance that follows.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 876-8467.

Moose Lodge Bingo, 1:15 p.m. at the Narneski Bingo Center. Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, March 21

Disabled American Veterans Chapter 53, 1417 19th St., Granite City, 876-7816, 8 p.m.

Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 876-8467.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 692-8078.

Neglected Victims of Child Sexual Abuse, a support group for non-offending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124 or 931-5655.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards

St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, March 22

Benevolent and Protective Order of Elks, Granite City Lodge

1063, on Maryville Road, Granite City, 931-3557, 8 p.m.

Knights of Columbus, 3rd Degree, 425 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center.

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P185/75R-14	40.00	P185/70SR14	52.00	P235/70SR15	69.00
P195/75R-14	41.00	P195/70SR14	53.00	P255/70SR15	73.00
P205/75R-14	43.00	P205/70SR14	54.00	P215/60SR14	62.00
P225/75R-15	44.00	P215/70SR14	57.00	P235/60SR14	66.00
P215/75R-15	46.00	P205/70SR15	56.00	P195/60SR15	60.00
P225/75R-15	49.00	P215/70SR15	59.00	P235/60SR15	69.00
P235/75R-15	51.00	P225/70SR15	61.00	P255/60SR15	75.00
		P235/70SR15	64.00	P275/60SR15	78.00
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Festival workshop March 26

Volunteers who organize and conduct special events such as festivals, fairs, homecomings and "special holidays" will learn how to make their festivals and special events even more successful at a workshop at John A. Logan College on Saturday, March 26, from 9 a.m. to 3:30 p.m.

The workshop will provide people new to festival and special events planning the necessary information and resources to assure a successful first-time experience. Current special event and festival volunteers and organizers will be supplied new information and ideas that they can use to make well-planned events more successful. Those presenting the workshops will include Bruce Wicks, recreation and tourism development, University of Illinois; John Rottman, Franklin-Williamson Bi-County Health Department; Alan Hale, Mount Vernon Convention and Tourism Bureau; Mary Avery, Makanda Civil War Reenactment; Cindy Benefield, Southernmost Illinois Tourism Bureau; and Tom Horn, John A. Logan College.

Workshop participants will have the opportunity to learn from these experts how to do their job more efficiently, to share experiences — successes and failures — and to become more aware of resources available to help them do the job.

The fee is \$15 on or before March 18 and \$20 after March 18. Advance registration is encouraged. The fee includes the seminar packet, lunch and breaks.

Reservations can be made by sending a check made out to the Southern Illinois Tourism Council, P.O. Box 40, Whittington, IL 62897. More information is available by contacting the University of Illinois Extension offices, 692-7700, 226-8600, or by calling 800-242-3100.

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December honors — December Students of the Month from Marshall School are: back row from left to right: Jessica Leisner, Crystal Wise, James Rodgers, Mista Lewis and Brandy Guehenher. 2nd row: Shari Skaggs, Gabriel Davis, Bobby Kyle and Meghan Koenig. Front row: Deborah Kite, David Hutchins, Joshua Rice, Jennifer Allen and Chris Carpenter. Students are selected on the basis of scholastic achievement, appropriate behavior and citizenship.



Students honored — November Students of the Month from Marshall School are: back row from left to right: Alexis Arosemena, Jeremiah Wright, Russell Gilland, Billy Cahill, Justin Kuchel, and Principal Vince Rogier. 2nd row: Kara Haymaker, Brett Rodgers, Phillip Whitehead, Mark Gerkin and Casey Ballentine. Front row: Shari Coryell, Amanda Dionea, Kris Killmer and Michael Billack.

Information day for transfers at SIUE March 25

Southern Illinois University at Edwardsville has scheduled a day for informational activities Friday, March 25, for minority students currently attending Belleville Area College, Kaskaskia College, Lewis and Clark Community College and State Community College, who wish to transfer to the university. Students from other community colleges have also been invited.

Activities will begin with registration at 8:30 a.m. in the University Center and conclude at 1 p.m. Registration is free, and students will receive meal tickets as they register.

Transportation will be provided for students attending BAC, SCC and LCCC.

Following registration, participants will attend an informational session on the admissions process at SIUE and learn community college academic credits transfer there.

Afternoon activities will include presentations by representatives from academic schools, departments and units. These will include the schools of business, education, nursing and engineering, as well as a minority student panel comprised of current SIUE students. The visiting students will also receive a tour of Tower Lake housing.

To register for SIUE's Minority Transfer Day or to obtain additional information, interested persons may contact the following people:

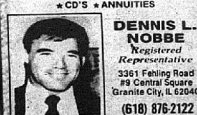
Belleville Area College: Val Rhoden, minority transfer center, 1-800-222-5111

Lewis and Clark Community College: Andrea Nelson, academic adviser, 466-9411

State Community College: Linda Brown, director, minority transfer center, 583-2627

Southern Illinois University at Edwardsville: Terri Montgomery, acting transfer coordinator, at 1-800-477-SIUE, or 692-2720.

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ENTERTAINMENT

Granite City Journal—Wednesday, March 16, 1994—11A

Horoscope

The pace of romance picks up significantly due to a magnetic formation involving the sun and Uranus. Your genius will shine, so go ahead and spread your wings.

After weeks of pushing ahead, you might be the one to say, "Let's slow down a bit." At the office, teamwork on projects has never been better — you'll score points by becoming a leader at some point in the future.

ARIES (March 21-April 19). Holding onto money and information makes you richer and wiser. Repetition is necessary to win creative minds over to your side — the more you believe, the more they believe. The mail carrier brings you love notes.

Taurus (April 20-May 20). Fortunate findings give you a better ship to play in the game of love. Timing is everything, so save your big push for early evening. Your parents are more curious about your finances. Ask for financial aid now.

GEMINI (May 21-June 21). Testy co-workers are getting used to your no-nonsense approach. To keep your image, resist temptation to walk away from eyes. Love survives through honest kidding and light criticism.

CANCER (June 22-July 22). Let down your guard — friends and cohorts are ready to accept whatever honest words you give them. Introduce new lunch pot another coin in your purse. Make romantic plans.

LEO (July 23-Aug. 22). Speedy technology makes your work quite impressive to key power figures. Ideas that bring pure fun and no profit have benefits beyond your dreams. Past mistakes are forgotten by your lover.

Today's birthday (March 16). You are trying new things through April and May, which makes you an exciting partner as well as a wealthier person. Hold back on what might be premature excitement in June, and by July, your job situation is really something to celebrate. The best times to launch both new businesses and love affairs are late August and September. A Cancer brings you luck.

VIRGO (Aug. 23-Sept. 22). Your travels have left you wiser, and you are able to apply that wisdom at work. Be extra cautious when engaging in coffee-room gossip — people with power will take you seriously. A founding admires you.

LIBRA (Sept. 23-Oct. 23). Tasty bits of information make you a dynamo on the job — be sure to give thanks where they are due. If Leo gets too close for comfort, be verbal. An exception to the rule makes your wish possible.

SCORPIO (Oct. 24-Nov. 21). Treading softly in a loved one's recently conquered territory is wise. Egos can be controlled, but it's worth it? Telling a harmless bedroom secret could get you in with the in crowd.

SAGITTARIUS (Nov. 22-Dec. 21). A friend's love stories are told with a drastic slant toward one party — it's best not to get too involved. Make a dating plan. A boss makes good on what you thought were hollow promises.

CAPRICORN (Dec. 22-Jan. 19). A new twist on an old work situation plants your name in the right ears. Open your eyes to someone's flirting — you haven't noticed how much you are adored. Tonight, a sensational mystery slowly unfolds.

AQUARIUS (Jan. 20-Feb. 18). Transactions will go more smoothly than you anticipated. Ask about refund policies before you buy anything. A brooding friend inspires you to go the other direction, and optimists become new pals.

PISCES (Feb. 19-March 20). Your intrigue is even stronger when you make a change in your appearance. Welcome into the comments that help you learn about yourself. A raise is around the corner. Have fortune in love.

Joyce Jillson
Your personal horoscope, call
1-900-420-2787
99¢ per min touch-tone and rotary

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Touch-tone and rotary \$2.99 per min

Looking Glass Playhouse
At On A Hot Tin Roof
by Tennessee Williams
MARCH 17, 18, 19, 20, 24, 25, 26, 27, 1994
Sunday Performances begin at 2:00 pm, all other performances at 7:30 pm.
Ticket Price: \$7.00 with special 1/2 price tickets for senior citizens and students. For group rates (12 or more) or to reserve tickets, call 537-4662.
AUDITIONS FOR SHENANDOAH 3:15-9:45 at 1pm & 3:20-9:45 at 7pm.
FOR FURTHER INFORMATION, CALL DON URBAN, DIRECTOR 233-5190

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AND EVERY FRIDAY DURING LENT
4:00 P.M. - 7:00 P.M.
Serving **COD, CATFISH AND JACK DINNER** or **Sandwiches** (Carry-overs Available)
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Nameoki Village, Granite City • 877-5530
GRUMPY OLD MEN (PG-13)
MRS. DOUBTFIRE (PG-13)
FRI/SAT 7:15, 9:45; SAT/SUN MAT 2:30
SUN/THURS 7:15

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NICK NOLTE
BLUE CHIPS
FRI/SAT 7:00, 9:30; SAT/SUN MAT 2:00
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Now FREE REFILL on Popcorn & Soft Drinks!

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SATURDAY, MARCH 19
7:00 - 12:00 P.M.
MUSIC BY: HORIZON
1711 KENNEDY DRIVE, MADISON, ILLINOIS
DONATION: \$10.00 PER PERSON

United Singles Dance
Friday, March 18, 7:00 p.m.
Fairview Heights Ramada Inn
1-64 at Rt. 159
\$5 Guest Admission
Music by Bob Constantine, DJ
Co-sponsored by The Relationship Center and The Riverfront Times. Supported by Singles, The Single Professionals Association, Metro East Social Singles, Single Connection. Free included Imperial Dance lesson at 7:00 p.m., introductory presentations by single groups at 8 p.m., dance at 8:30 p.m. Door prizes include free membership and dinners.

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Song, films often paired

By Bill Beggs
Correspondent

SHOW TUNES: Often a memorable song is used in a forgettable movie. Sometimes both are memorable. Sometimes both are forgettable. From the following movie titles, name the theme song. Or from the following song titles, name the film. The films and the artists who performed the songs from them.

1. "Robin Hood: Prince of Thieves," the film
2. "End Of The Road," the song
3. "Endless Love," the film
4. "Love Touch," the song
5. "I Will Always Love You," the song
6. "Somewhere Out There," the song
7. "Car Wash," the film
8. "I (Gonna Be) 500 Miles," the song

ANSWERS: 1. "Everything I Do (I Do It For You)," Bryan Adams sang the theme 2. "Boomerang," the film; Boyz II Men sang the theme 3. "Endless Love," the film; too Diana Ross and Lionel Richie sang the theme 4. "Legal Eagles," the film; Rod Stewart sang the theme 5. "The Bodyguard," the film; Whitney Houston sang the theme 6. "An American Tail," the film; Linda Ronstadt sang the theme 7. "Car Wash," the film; Rose Royce performed the song 8. "Benny & Joon," the film; The Proclaimers performed the song

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St. Louis Science Center
3999 Lindbergh Blvd., St. Louis, MO 63103
Show times: Hourly Mon-Thurs, 11 am, 3 pm, 7 pm, 9 pm; Fri-Sat, 11 am, 3 pm, 7 pm, 9 pm; Sun, 11 am, 3 pm, 7 pm, 9 pm.
Checklist of highlights: Features of OMNIMAX Corporation, "Tropical Rainforest" is a presentation of the Science Museum of Minnesota, produced by Marian White and Ben Gussler, directed by Ben Gussler.

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Obituaries

Louis Brusatti

Louis H. Brusatti, 66, of Granite City died at 7:35 a.m. Saturday, March 12, 1994, at his residence after a four-year illness.

He was born March 16, 1927, in Murphysboro, Ill., and had been a resident of Granite City for the past 47 years.

Mr. Brusatti was past owner and operator of B and K Bookkeeping Service of Granite City, later known as Brusatti Accounting Services, prior to his retirement in 1989.

A World War II veteran, he was a member of St. Elizabeth Catholic Church in Granite City, the Knights of Columbus and the American Legion. He was a graduate of Southern Illinois University at Carbondale with a degree in business. Survivors include his wife, Phyllis (Shaw) Brusatti, whom he married June 16, 1951, in Murphysboro; two sons, Mark H. Brusatti of Granite City and John L. Brusatti of Mount Prospect, Ill.; one daughter, Anne Marie McCarthy of Duluth, Minn.; his mother, Anne J. (Berra) Brusatti; one sister, Charlene Christof of Moraga, Calif.; and two grandchildren.

He was preceded in death by his father, Henry C. Brusatti.

Services were held Tuesday at St. Elizabeth Catholic Church with the Rev. Robert DeGranch officiating. Burial was at Lake View Memorial Gardens, Fairview Heights. Arrangements were by Irwin Chapel, Granite City.

Memorials in the form of Masses for the American Lung Association are suggested.

Donald Varady

Donald W. Varady, 37, of Grand Prairie, Texas, formerly of Granite City, was pronounced dead Saturday, March 5, 1994, after receiving a stab wound.

He was born Aug. 6, 1956, in Granite City, where he had resided for many years.

Mr. Varady was a security guard with Traders Village, Grand Prairie. Survivors include two sons, Donald and Nicholas Varady, both of Edwardsville; his parents, Tom and Patsy (Young) Topal of Arlington, Texas; and two sisters, Debra Arnold and Candy Woodruff, both of Granite City.

Graveside services will be held at 10:30 a.m. today at Sunset Hill Memorial Estates, 3550 S. State Route 157, Glen Carbon. Arrangements are by Moore Funeral Home, Arlington.

Violet Thurau

Violet I. (Taylor) Thurau, 86, of Charlotte, N.C., formerly of Granite City, died at 7:50 a.m. Thursday, March 10, 1994, at Sardin Nursing Home, Charlotte.

She was born Feb. 26, 1908, in Granite City, where she had been a resident for 76 years prior to moving to Charlotte 10 years ago.

Mrs. Thurau was an office manager with John H. Taylor Moving and Storage, Granite City, prior to her retirement. She was a former member of the Niedringhaus and Newbold United Methodist churches here and Granite Chapter 550 of the Order of the Eastern Star.

Survivors include one son, Herbert T. Thurau of Charlotte; one brother, John Taylor of Salem, Ore.; one sister, Betty Doughty of Pleasant Hill, Calif.; and one granddaughter.

She was preceded in death by her husband, Herbert E. Thurau, who died in 1982; her parents, John H. and Nellie (Wilkinson) Taylor; and one brother, Floyd "Bud" Taylor, who died in 1993.

The family will receive friends from 11:30 a.m. to 1 p.m. Thursday, March 17, at Davis Funeral Home, 21st Street and Cleveland Boulevard, Granite City, where memorial services will be held at 1 p.m. Thursday with the Rev. Bruce Rushing officiating. Her remains will be cremated. Burial of cremains will be at Sunset Hill Memorial Gardens, Glen Carbon.

Memorials are requested for the Shriners Hospital for Crippled Children.

Melvin Wilson

Melvin Wayne Wilson, 58, of Madison died at 8:36 p.m. Thursday, March 10, 1994, at St. Elizabeth Medical Center, Granite City, after a three-month illness.

He was born Sept. 14, 1935, in Venice and had been a lifelong resident of the Madison area.

Mr. Wilson was a member of Word of Life Tabernacle, Granite City.

Survivors include his parents, Robert V. and Lillian E. (Rice) Wilson of Madison; three brothers, Jerry, Don and Gary Wilson, all of Granite City; and his grandmother, Dorothy Rice of Granite City.

Services were held Saturday at Word of Life Tabernacle, Granite City, with the Rev. Henry Crippen officiating. Burial was at Buck Road Cemetery, Highway 162, Maryville. Arrangements were by Warner Chapel for Funerals, Pontoon Beach.

Memorials are requested for the Word of Life Tabernacle.

was an active scout leader in the Catholic Mound Boy Scout Council, holding a number of leadership positions.

He was a member of First Assembly of God in Granite City, the Old Scouters and Machinist Union 686, where he served as vice president.

Mr. Scrum was a Hubert Wheeler School volunteer and mentor, participated in other volunteer work in the community and was a World War II veteran.

Survivors include his wife, Theresa (Siddock) Scrum, whom he married Nov. 11, 1950; two daughters, Diane Scrum and Marilyn Dresch, both of Granite City; one brother, Walter "Wally" Scrum of Granite City; one sister, Ann Scrum of Madison; and three grandchildren.

He was preceded in death by his parents, Adam and Helen (Brun) Scrum; and three brothers, Vincent, George and Joseph Scrum.

Services will be held at 1 p.m. Monday at First Assembly of God, 24th Street and Grand Avenue, Granite City, with the Rev. Dale Edwards and the Rev. Ben Leonard officiating. Burial will be at Sunset Hill Memorial Estates, Glen Carbon. Arrangements are by Irwin Chapel, Granite City.

Memorials are requested for the Shriners Hospital for Crippled Children.

Lillian Buck

Lillian (Lunsford) Buck, 84, of Granite City, formerly of Belleville, died Monday, March 14, 1994, at St. Elizabeth Medical Center, Granite City.

Survivors include seven nephews, Paul Lunsford of Madison, James Lunsford of Dittmer, Mo., Homer Lunsford of Humboldt, Tenn., Cecil Lunsford of High Ridge, Mo., Bobby Puckett of Lebanon, Tenn., Jim Puckett of Smithville, Tenn., and Jerry Puckett of Nashville, Tenn.; and five nieces, Gladys Anderson of Belleville, Mary Welch of Swansea, Frances Kammerdiner of Euless, Texas, Doris Renken of Collinsville and Connie Davis of Plano, Texas.

She was preceded in death by her husband, Edward A. Buck, who died in 1975; her parents, Albert and Mary (Dickey) Lunsford; three brothers; and two sisters.

Visitation starts at 5 p.m. today at Kasal's Colonial Mortuary, 9800 St. Clair Ave., Fairview Heights, where services will be held at 2:30 p.m. Thursday. Burial will be at Lake View Memorial Gardens, Fairview Heights.

Memorials are requested for the Shriners Hospital for Crippled Children.

Pontoon

(Continued from Page 1A)

rest of it," Whitsell said.

He said the following tracts were annexed by Pontoon Beach:

✓ A tract of land north of Long Lake, extending to Old Edwardsville Road.

✓ A triangular tract behind Grady's Farm, including the Illinois Department of Transportation's right-of-way, as well as the Metro-East Sanitary District's right-of-way.

✓ Four five-acre sites east of Shirlwin Drive, behind Arlington Heights, including Hebecek and Dublin drives.

✓ The land known as the Harrison Subdivision, which is the neighborhood behind the Clark Station on Highway 111, including Harrison and Brady streets, and small piece of

Voting

(Continued from Page 1A)

backed by no organized effort — in fact several precinct workers said they had forgotten it was on the ballot — most poll workers predicted it would be approved.

Despite an unusually high number of contested races, early voter turnout was also light in Madison, Venice and Pontoon Beach.

Democratic voters were to decide two local county board races, the nominees for Madison County clerk, treasurer and sheriff and the nominees for two local state representative districts.

Also on the ballot were races for nominations for governor, lieutenant governor, state attorney general, state treasurer and state comptroller.

Republican voters had only one local race — for state representative — and only two statewide races, for governor for state attorney general.

Last week, Madison County Clerk Evelyn Bowles predicted the election would have "an average turnout" of about 30 or 32 percent of the registered voters, but predicted the turnout might be higher in Granite City because of the proposal to cut the council.

Shooting

(Continued from Page 1A)

have "no leads" in the incident and that witnesses gave conflicting directions for the car and passengers.

"It could have been a red Saturn or it could have been a blue Ford or it could have been another vehicle, depending on which witness was correct," he said.

Four bullet holes were found in the front of the building and two in an inside wall. A bullet slug — believed to be either a .38-caliber or .357-caliber — was recovered from inside a storage room, according to a police report.

Milligan was apparently the only person hurt in the shooting. Illinois State Police are assisting with the investigation.

land northwest of the subdivision known as Sunny Side Place.

✓ The Norfolk and Western Railroad right-of-way along Route 162 in front of Perigen Lane, and a small tract east of Perigen Lane.

✓ A small tract of land north of Laura Buck on Illinois Route 157, bounded by Pontoon Beach and Collinsville.

✓ "People are paying \$18 a month for motor fuel tax. You can get federal and state funds for your population, so people, to us, are worth a lot."

✓ "You live off the federal and state funds. We have utility taxes we collect to pay for street lights, and the more people you have, the less it is to pay for village necessities," Whitsell said.

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He said the following tracts were annexed by Pontoon Beach:

✓ A tract of land north of Long Lake, extending to Old Edwardsville Road.

✓ A triangular tract behind Grady's Farm, including the Illinois Department of Transportation's right-of-way, as well as the Metro-East Sanitary District's right-of-way.

✓ Four five-acre sites east of Shirlwin Drive, behind Arlington Heights, including Hebecek and Dublin drives.

✓ The land known as the Harrison Subdivision, which is the neighborhood behind the Clark Station on Highway 111, including Harrison and Brady streets, and small piece of

Doris Ryan

Doris A. (Buckingham) Ryan, 73, of Granite City, formerly of Dover, Tenn., died at 7:05 p.m. Thursday, March 10, 1994, at her residence after a five-month illness.

She was born Feb. 27, 1921, in Dover, where she resided for 33 years prior to moving to Granite City 40 years ago.

A saleswoman with Krumrey Home Furniture for 14 years, she was of the Protestant faith.

Survivors include two sons, Tom Ryan and James Gibbs, both of Granite City; three daughters, Dora "Dobbie" McCormick and Gale Brake, both of Granite City, and Mary Hoening of Wingo, Ky.; three sisters, Ruth Sills of Dover, Randi Harris of Jasper, Tenn., and Pauline lift of Greenville, Ill.; nine grandchildren and five great-grandchildren.

She was preceded in death by her husband, Hill Ryan, who died Dec. 5, 1974; her parents, Thomas and Ethel (Miles) Buckingham; one brother, William Buckingham, who died in September 1989; and one sister, Clarice Carney.

Services were held Monday at Pontoon Beach Church of Christ, Pontoon Beach, with the Rev. Henry Crippen officiating. Burial was at Sunset Hill Memorial Estates, Glen Carbon. Arrangements were by Warner Chapel for Funerals, Pontoon Beach.

Memorials are requested for Hospice of Southern Illinois.

Charles Roberts

Charles E. Roberts, 72, of Granite City died at 1:56 a.m. Sunday, March 13, 1994, at St. Elizabeth Medical Center, Granite City, after a two-year illness.

He was born Feb. 16, 1922, in Atlanta, Ill., and had been a resident of Granite City for the past 11 years.

He was a chauffeur with Lanter Courier for many years, a member of the Granite City Foursquare Pentecostal Church and an Army veteran.

Survivors include his wife, Shirley (Lewis) Roberts, whom he married April 4, 1942; two sons, Richard Craig Roberts and Robin Roberts, both of Granite City; three daughters, Sandra Kinney of Belgrade, Mont., Terri Roberts of Pontoon Beach and Lynn Roberts of Enfield, Ill.; one brother, Dale Roberts of Granite City; 16 grandchildren and three great-grandchildren.

He was preceded in death by one son, Larry Roberts, who died in 1958; and his parents, John and Nora (Verner) Roberts.

Services will be held at 10 a.m. today at Granite City Foursquare Pentecostal Church, 2400 25th St., Granite City, with the Rev. Eddie Linhart officiating. Burial will be at Jefferson Barracks National Cemetery, St. Louis County. Arrangements are by Warner Chapel for Funerals, Pontoon Beach.

Memorials are requested for Hospice of Southern Illinois.

Zoning

(Continued from Page 1A)

placed on the proposed business.

Bud Alderman Craig Tarpo, who lives on Madison Avenue and helped establish the B-1 district, said the proposal is impossible in the B-1 district and would be in effect "spot zoning."

While Tarpo said he admires the Milankovics' operation in Madison, he said allowing the proposal would mean the city must allow any future used-car lot proposals in the B-1 district.

The B-1 ordinance requires a number of parking spaces that would be impossible to provide,

Drive

(Continued from Page 1A)

importance of the Family Services Clinic and its role in the community.

Money raised by the WINGS campaign will be used to subsidize the Family Services Clinic and help SEMC continue its mission to offer care to everyone regardless of their ability to pay.

"With current federal changes in medical programs and health benefits, we want SEMC to keep providing care to everyone," said Earl Bussenger, Development Board chair.

"We feel that, since SEMC is one of the few hospitals in the metropolitan St. Louis area with a clinic, moving the clinic to the medical center will be one we can better serve those who are less fortunate and without insurance."

Frank McGinnis has been named the WINGS campaign chairman and Bob Lombardi has been named the vice chairman.

Last year, campaign volunteers raised \$147,500, which subsidized care given within the

Family Services Clinic and helped purchase equipment for two new operating room suites, according to John Mohl, SEMC director of development.

This year's renovation will increase the combined capacity of the Emergency Room and the Family Services Clinic by four treatment rooms.

It also will place X-ray services within the Emergency Room and establish an urgent-care

area to treat non-life-threatening emergencies.

Mohl said, "This project can benefit every person who lives, works or travels through our service area."

"Our ultimate goals are to reduce the overall time for Emergency Room treatment, to provide quality care in the most appropriate and cost-effective environment, and to provide greater access to care for every-

one."

Information for the 1993 awards should be sent to the same address above and be received by March 28.

The nomination forms include

place for the nominee's full name, address and telephone number, along with information on her achievements, memberships, organizations, activities and major accomplishments.

The Women of Achievement awards banquet is scheduled for May 18 at the Adam's Mark Hotel in downtown St. Louis.

The nomination forms include

place for the nominee's full name, address and telephone number, along with information on her achievements, memberships, organizations, activities and major accomplishments.

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BOWLING
Entry deadline
approaches for the Journal
Singles Tournament.
Page 16A

Soccer

A soccer coaches clinic
will be held Saturday at
GCHS.

Page 16A



Grapplers' entire lineup named to all-SWC team

By Tony Panozzo
Staff writer

After dominating its area opponents all season, the Granite City wrestling team was rewarded with a trip to the Class AA dual state tournament last month.

The Warriors were recently rewarded again when their entire lineup was represented on the all-Southwestern Conference team.

The Warriors finished the year with a 26-2 record in duals after losing to Waukegan in the state quarterfinals Feb. 26 at Illinois State University in Normal. But Granite City won the conference title in January, and all 13 wrestlers were voted first-team.

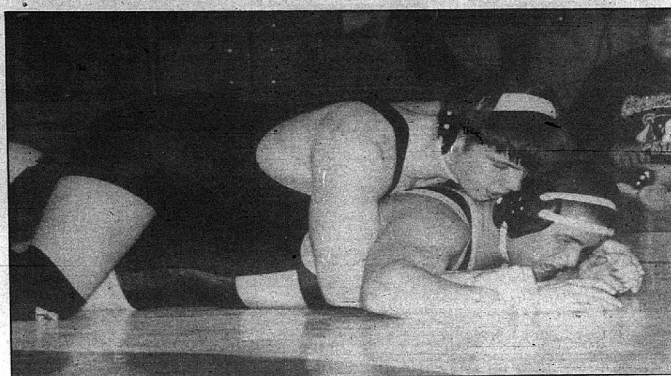


Hogan

Fulkerson

second-team or honorable mention all-conference by league coaches. Named to the first team was 125-pound standout T.J. Slay, who topped the Warriors for the second straight season in victories with 46. Slay went 4-3 with 33 pinfalls and advanced to state as an individual for the second straight year.

OTHER FIRST-TEAM selections were 135-pound junior Brian Schooley, who went 36-17 with



Warrior 189-pounder John Selliers, a first team all-Southwestern Conference selection, holds down an opponent in a match this season.

(Staff photo by PAM DOEPKEHURD)

Area venues gearing up for upcoming Olympic Festival

By Steve Porter
Staff writer

The hottest ticket in St. Louis this summer won't be to a concert. It will be to a festival.

The U.S. Olympic Festival '94 is coming to St. Louis and southwestern Illinois July 1-10, and it promises to be the sporting event of the year.

JUST ASK MIKE DYER, the Olympic Festival president. Dyer and his staff are getting swamped with ticket requests from interested fans.

"It's a once-in-a-lifetime event for St. Louis, so ticket sales for all the events

are going well," Dyer said. "We're hoping to sell between \$1.8 and \$2 million worth of tickets. That's what we need to break even."

So far, so good, said Cheryl Patrick, the Festival's publicity director. The event has already surpassed the \$1 million plateau in ticket sales.

"For our Festival kickoff, we're ahead of the sales we had last year at San Antonio," said Patrick, the PR director for the 1993 Games in Texas. "Our strategy now is to keep our sales up and stimulate people to buy tickets now. There's always great demand right before the events start."

FOR THOSE IN A buying mode, tickets can be purchased through Tickets-NOW, Dial-a-Tix or calling the Festival '94 office at its toll free number: 1-800-94GAMES.

The Games will feature more than 3,000 American athletes competing in 37 sporting events at 26 sites. The '94 Festival competition will be a mix of summer and winter activities, ranging from archery and volleyball to figure skating and hockey.

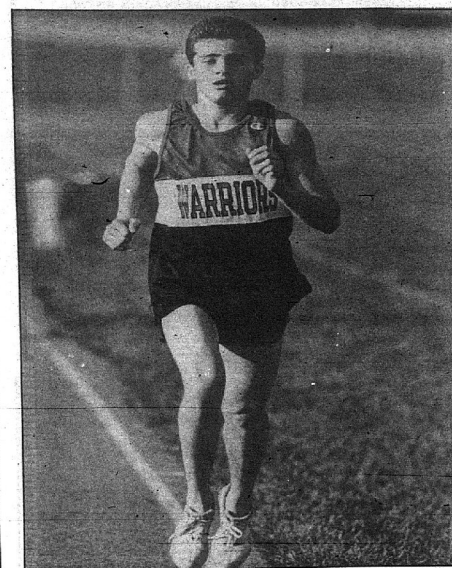
Southwestern Illinois will play host to four events: cycling trials on Alton's Great River Road, wrestling and track and field at Southern Illinois University at Edwardsville and sailing on Carlyle Lake.

The one-day cycling trials and the sailing competition will have free admission. Dyer doesn't expect tickets to be a problem for the wrestling and track events at SIUE.

THE VADALABENE Center on the university's campus can accommodate more than 4,000 wrestling fans. The new track stadium will seat 3,000 fans and Dyer said temporary bleachers, capable of holding 7,000 additional fans, can be installed.

More than 500,000 spectators figure to bridge both sides of the Mississippi River

(See FESTIVAL, Page 16A)



(Staff photo by JOHN SWISTAK JR.)

Sean Lewis, Granite City's top boys athlete, has returned for his senior season.

Back in the running

Warrior track teams hoping to keep pace with rest of area

By Mike Kelly
Correspondent

Granite City High School track coach Dave McClain could be in for a long season. The Warriors are low in numbers and experience.

"It's still too early to tell," McClain said. "But we'll have our work cut out for us. Our primary strengths in the past have been the long distance and field events."

"But we're weak in both of those areas," McClain said. "Our numbers are not very good right now. We usually have as many as 60 boys out for the team, but only 45 came out this spring. The girls' numbers are up a little bit. We usually have 20 girls

out, but we're up to 25 this spring."

Senior Sean Lewis is probably Granite City's best athlete on the boys team. His strong suit will be the mile event.

Senior Nathan Owen will handle the shot put. Senior Eric Miner and juniors Chris Valencia and Ryan Penrod will compete in the hurdles.

"AS USUAL, WE don't have a lot of team speed," McClain said. "But all those boys are good athletes. They'll work hard at their events and I'm confident they'll do very well."

"Sean is already off to a good start. He ran the mile event in 4:39 on Saturday (at the Charleston Indoor Invitational at Eastern Illinois University). He finished fifth among a field of 50 participants. That's an awfully good time for this early in the season."

(See WARRIORS, Page 16A)

GRANITE CITY WARRIORS 1994 Varsity Track		
March		
12	at Eastern Illinois (B)	9:39-4 p.m.
21	at O'Fallon, Mascoutah (B)	4 p.m.
24	at O'Fallon, Edwardsville (G)	4 p.m.
25	at Collinsville, Alton (G)	4 p.m.
April		
6	at St. Louis, Belleville W. (G)	4 p.m.
3	Belleville W. Invitational at Collinsville (B)	11 a.m.
12	Belleville W. Invitational at Belleville (B)	4 p.m.
14	Tiger Relays at Highland (G)	4 p.m.
16	Centralia Invitational (B)	9:30 a.m.
19	at Belleville E., Cahokia, Alton (G)	4:30 p.m.
20	Tiger Relays (Collinsville) (B)	4 p.m.
21	at Collinsville, Jerseyville, Mascoutah (G)	4 p.m.
26	Madison County Meet (B-G)	4 p.m.
28	Marian Invitational (B-G)	4 p.m.
May		
5	SWC Meet at Collinsville (G)	4 p.m.
7	Collinsville Invitational (B)	11 a.m.
13	SWC Meet at E. St. Louis (B)	4 p.m.
15	Class AA Sectional (G)	TBA
20	Class AA Sectional (B)	TBA
May 26-31: Girls State Meet at Eastern Illinois May 27-31: Boys State Meet at Eastern Illinois		

Handful of Warriors open season at EIU meet

By Mike Kelly
Correspondent

Granite City High's track team opened the 1994 season Saturday with mixed results.

Coach Dave McClain only took five athletes to the Charleston Indoor Invitational at Eastern Illinois University. Senior Sean Lewis turned in Granite City's

best effort of the day by completing the mile event in 4 minutes and 39 seconds. He finished fifth behind Joe Hoteititz of Edwardsville.

"Sean is in fine form," McClain said. "For his first race of the season, he ran extremely well. He faced some stiff competition up there. For the first meet of the year, it was loaded

from top to bottom. It almost looked like a sectional meet."

EAST ST. LOUIS, Springfield Lanphier, East St. Louis Lincoln, Edwardsville, Peoria Manual, Alton, Springfield Southeast and Maine East from Chicago were some of the schools in the field. The Flyers dominated the meet

(See OPENER, Page 16A)

Complex solution? Jacksonville coach questions sectional site

By David Wilhelm
Staff writer

Jacksonville High coach Mel Roustio thinks it's time for a change.

Roustio, whose Crimsons were defeated by the Kahoks 57-42 in Friday's sectional championship at Fletcher Gym, doesn't think it's fair for Collinsville to host the sectional three times in four years, as it has.

"HOW IS THE sectional complex determined?" said Roustio. "I mean, really. We've been in this format four years and Collinsville's hosted it three (times)."

"(Can) you tell me East St. Louis Senior, with 3,400 seating capacity, shouldn't have an opportunity to host it? They have (a capacity) close to 3,000. Wood River? The crowds that we've had, we could get into those places — plus Belleville East."

The Kahoks' championship meant the sectional's host team has won the tournament four times in four years. Collinsville also won in 1991 and '92, and Edwardsville hosted and won the tourney in '93.

"That's correct, but I think those teams were the best teams those years, too," said Kahoks coach Bob Bone.

"I don't know who was better than us this year. I don't know who was better than Edwardsville last year, and then the two years before that, I thought we were the best team."

"The year before that (1990), we played down in East St. Louis and got beat by Lincoln. I know that's not their home gym, but it's probably a home-court advantage, and they won that year. I didn't sit there and complain that I had to go to East St. Louis."

JACKSONVILLE WAS ON the northern fringe of the Collinsville sectional complex. The

(See SECTIONAL, Page 16A)

Coolidge wrestlers dominate IKWF regional; sectional next

The Coolidge Junior High wrestling team sent 14 individuals to the final round of Senior competition and nine others to the Novice finals in dominating Saturday's Illinois Kids Wrestling Federation Regional at Granite City High School.

Coolidge won both divisions and advanced a total of 31 individuals to this weekend's sectional meet at Vandalia. The top three wrestlers in each weight class will move on to the Illinois state tournament, scheduled for March 25-26 at Illinois State University in Normal.

Coolidge swept both the Senior and Novice team titles. Coolidge had 11 state qualifiers last year, a mark coach Allen Kirgan hopes to surpass this weekend.

"I think we should be able to

break last year's record," Kirgan said.

EIGHT OF COOLIDGE'S 14 finalists won titles in the Senior Division: 74-pounder Jeremy Cox; 79-pounder Adam Dunnivant; 89-pounder Justin Hale; 108-pounder Craig Murphy; 115-pounder Jonas Jackson; 122-pounder Ryan Moneymaker; 156-pounder Greg Buchek; and 166-pounder Eric Samuels.

The team's second-place finishers were Ryan Worthen at 95 pounds, Justin Hopper (101), Dan Mercer (122), Lucas Geggus (130), Colin Anderson (181) and Ben Temple (275). At 101, Cory Dunnivant placed third.

Coolidge had five champions in the Novice Division: Jake Trtan

(See COOLIDGE, Page 16A)

Journal Writers' Poll Boys Basketball

Large Schools

- (tie) Hazelwood Central (1) 25-4
- (tie) St. Charles West (2) 25-4
- Yashon (3) 25-2
- Collinsville (4) 23-6
- E. St. Louis-Lincoln (5) 21-7
- Hazelwood East (6) 22-5
- Parkway Central (7) 18-10
- Francis Howell (8) 20-8
- McCluer (9) 19-7
- DeSmet (10) 19-8

(Last week's ranking in parentheses)

Small Schools

- Cardinal Ritter (2) 25-4
- Berkeley (1) 23-4
- Althoff (3) 23-7
- Troy (4) 22-5
- Gibault (5) 24-5
- Arton (6) 23-7
- John Burroughs (7) 20-6
- Lutheran South (8) 20-8
- Duchesne (9) 19-8
- Columbia (10) 20-7

(Last week's ranking in parentheses)

Journal Writers' Poll Girls Basketball

Large Schools

- St. Joseph's (1) 26-1
- Hazelwood Central (3) 24-4
- Oakville (2) 23-5
- Cor Jesu (4) 24-4
- McCluer (5) 21-5
- Francis Howell (6) 21-5
- Northwest (7) 20-8
- Wentzville (9) 24-3
- Parkway South (8) 23-4
- Kirkwood (10) 18-9

(Last week's ranking in parentheses)

Small Schools

- Wellston (1) 28-2
- Troy (6) 22-9
- Incarinate Word (3) 24-7
- John Burroughs (3) 24-1
- Althoff (5) 16-12
- Visitation (4) 18-11
- Rosati-Kain (7) 18-11
- Duchesne (8) 17-7
- Crystal City (9) 20-5
- Wesclin (10) 19-8

(Last week's ranking in parentheses)

Journal Writers' Poll Wrestling

Final poll

- Hazelwood Central (1) 60
- Granite City (2) 54
- Lafayette (3) 42
- Fox (4) 41
- Wentzville (5) 35
- Francis Howell (7) 28
- McCluer North (6) 26
- Althoff (8) 16
- St. Charles West (9) 15
- DeSmet (NR) 8

(Last week's ranking in parentheses)

Also receiving votes: Parkway Central and Hazelwood Central.

Boys basketball

Southwestern Conference

Team	League	Overall
Collinsville	9	1-25
Granite City	4	15-16
Belleville West	5	11-16
East St. Louis	4	11-16
Belleville East	2	8-5

Columbia Conference

Team	League	Overall
Columbia	9	1-25
Carlyle	1	20-13
Waterloo	7	3-20
Brown Central	5	13-14
Labadie	5	13-14
Frederick	5	13-14
Wentzville	1	21-13
Dupo	1	21-13
New Athens	2	8-13
Red Bud	2	8-13
Marietta	2	8-13

Mississippi Valley Conference

Team	League	Overall
Civil Memorial	12	9-23
Wood River	7	12-13
Highland	7	12-13
Jerseyville	5	7-11
Mascoutah	3	8-5
Marion	3	8-5

Independents

Team	League	Overall
Althoff	2	20-13
Althoff	2	20-13
Edwardsville	15	10-18
Palmer	11	18-19
Vandalia	11	18-19
Lutheran	4	17-17
Madison	5	17-17
Valmeyer	5	17-17
Cahokia	5	17-17



Bill Seibel

Preparation key for turkey hunters

For teenagers, getting ready for the big dance is not a last-minute affair. For the girls, there's dresses, shoes and other clothing to worry about, hair to fix and so forth. The boys worry about washing and waxing the car inside and out, getting a suit ready, etc.

For turkey hunters, the big dance is less than a month away in Illinois, a little more than that in Missouri.

This means it is time to start getting ready. And getting ready takes on as many facets as teenage boys and girls getting ready for the big dance.

Actually, getting ready can be boiled down into two categories: one — scouting; and, two — equipment.

SCOUTING MEANS getting out early in the morning to check out your hunting spots several times prior to the season. If you're hunting new spots or trying to find new spots, this is critical.

But even if you've been hunting the same area for years, it is a good idea to get out there a few mornings prior to the season to see what the birds are doing and where they're doing it. While wild turkeys are creatures of habit, they will change from year to year.

Scouting means looking and listening. Many turkey hunters, even experienced ones, so enjoy "fooling" with the birds that they try to call them up for the camera or just for a look. Don't! Turkeys condition easily and don't want to condition them to the strange sound of your call until you mean business.

Use locator calls — owl hoots, hawk screeches or crow calls — to get the turkeys to respond with gobbles. Note the location, time of day and everything else you can think of — but don't call to him like a hen. And try not to speak him.

On the equipment side of things, there's clothing and boots, calls and the real business of the hunt — guns and loads — to consider.

CAMO CLOTHING is about as varied as anything on the outdoors equipment market these days. Camo is a matter of availability and confidence. If you like it, try it. Remember that the real key to getting close to a turkey is covering all non-natural areas, including the face and hands, and then sitting perfectly still.

Try to wear camo from the skin out, everything from underwear to socks to underwear.

Boots must be comfortable and built to cover plenty of rough terrain. The big turkeys always seem to be just over the tallest, roughest hill around. They also should allow you to move quickly.

Any shotgun from the mighty 10 gauge down to a .410 bore can and has taken turkeys. However, most experienced hunters prefer a gun that will throw a spread pattern of shot evenly at 35 to 40 yards. An even pattern is one without big gaps or holes in it. Achieving such patterns means combining the proper mix of gun, choke and shell. The load is as important as the gun.

THE WAY TO do this is to take your personal way of choice to a shotgun patterning range and try it with several different sizes of shot and both brands of loadings.

Keep in mind that most experienced hunters use No. 4 or No. 6 shot (legally, nothing larger than No. 4 shot can be used in Missouri; in Illinois, nothing larger than No. 3 or smaller than No. 7½) to take their turkeys.

To successfully pattern the gun, shoot at the center of a 30-inch circle at 35 or 40 yards, then check the pattern. In addition to showing the even spread of shot, this also will show whether the gun shoots at the point of aim. If it doesn't, take it to a gunsmith to get it fixed.

Some modern hunters, like South Carolina Jim Emerson, use low power telescopic sights on their turkey shotguns. "I figure it gives me a little extra advantage," Emerson told me several years ago. Others, including me, use non-magnifying aiming devices.

Remember, the so-called laser sights that throw a beam of light at the target are illegal.

FINALLY, SELECT the type or types of calls you plan to use and work at becoming proficient with them. Practice in the car or back yard so you don't drive your family completely crazy, but practice. This will generate confidence in both the call and your ability to use it. And you need all the confidence you can get when Mr. Big Tom is strutting and gobbling 50 yards away. It will be too late to get ready in a few weeks. The time is now.

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Coolidge

(Continued from Page 15A)

(66); Richie Carney (70); Gary Oxford (74); Mark Derosert (137); and Nick Patrick (156). The runners-up were Mark Vennable (108), Kevin Venne (115), George Kirgan (122) and Mark Lucas (156).

Also moving on were third-place finishers Steven Peach (62), Josh Reyes (66) and Neal

Rushing (115); and fourth-place finishers Scott Carney (62), Josh DuBois (66), Gary Bathon (79) and Jacob Janek (108). Four Grigsby wrestlers competed in the Bethalto Regional, and each one advanced to the sectional. Grigsby 101-pounder John Kelly and 136-pounder Matt Glover both won titles. Dwight Newman (147) and Rusty Baugh (177) placed second.

Bowling tourney to begin April 9

By Toby Carriag Staff writer

The Journal Newspapers Singles Tournament keeps getting bigger and better. This year, the tournament will also run longer. Being hosted by 24-lane Lucky Strike Lanes, located near I-270 and North Lindbergh, the event will run seven weekends beginning April 9-10.

Festival

(Continued from Page 15A)

for the first St. Louis-style Festival in U.S. history. The '94 Games mark the 13th time since 1978 that the U.S. Olympic Committee has conducted the amateur sports showcase. The Festival is held every non-Olympic Games summer.

Los Angeles (1991), Minneapolis (1990), Houston (1986) and Indianapolis (1982) are some other cities which previously featured the Olympic Festival. Denver will be the host next year.

OF COURSE, ATLANTA is the 1996 Summer Olympics site. Spectators wishing to watch all the events, from Carlyle to St. Peters, Mo., will have to provide their own transportation. There won't be a shuttle service.

"It'll be enough of a job for us just to transport the athletes back and forth to their venues," Dyer said.

None of the events are sold out yet, but...

Bowlers are urged to get their entries in as soon as possible to receive preferable dates and times (the entry form asks for three choices in case squads are filled). They can enter as often as they wish, but can only win once with their highest handicapped score in a three-game series. The entry fee is \$18 and the deadline is Monday, March 21.

"Some things are pretty much at capacity, like the gold medal competition in swimming and diving at the St. Peters Recreation Center," Dyer said. "But we still have tickets left for other seasons in those events."

THE ATHLETES will begin filling out the various teams in late April or early May, Dyer said. "It will depend upon the sport," he said.

The USOC will oversee the process.

The responsibility of selecting the athletes relies with them, Dyer said. "Some of the sports will send their absolute best athletes, regardless of age. And in a sport like basketball (at the Arena), you'll see the top underclassmen in the country."

The rest is up to the Olympic Festival staffers and area fans. It all starts July 1 with the opening ceremonies under the Gateway Arch.

Sectional

(Continued from Page 15A)

11th-seeded Grimspons played four road games in the sectional, winning at No. 6 Alton, No. 3 Civic Memorial and Collinsville (vs. No. 2 East St. Louis Lincoln) before losing to the Kakhos.

"Had we made it to Carbondale and gone down there to play, we would have traveled damn near 1,000 miles in the postseason," said Ruston. "Collinsville's traveled what, four, so far? They've had four home games. I'm giving them a mile a game."

"That's not sour grapes. I just think that's a glowing irony of the complex always being three out of four years at Collinsville. You've got to get it either at a neutral site or you've got to move this thing around where in four years, at least three different schools are hosting it — if not four."

"Collinsville's got enough of a mystique to give them that advantage."

BONE UNDERSTANDS Ruston's concerns but only to a degree.

"I don't know if changing the site would have had any different results than what we've had," Bone said.

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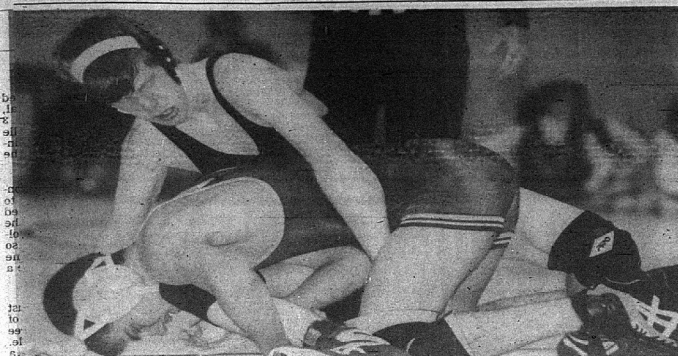
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(Photo by T.W. MILLER)
Granite City sophomore John Venné was named first-team all-conference after going 29-14 this season.

•Grapplers

(Continued from Page 15A)

16 pins; 145-pound sophomore John Venné, who was 29-14 with 24 pins; 171-pounder Tony Buchek, who was 34-11 with 14 pins; and 189-pounder John Sellers, who joined the team in the middle of the season and went 12-6 with six pins. Schooley and Buchek were both individual state qualifiers.

Mitchell leagues taking registration for upcoming year

The Mitchell Athletic Club is holding open registration for the 1994 Khoury League season on Tuesdays and Wednesdays this month.

Registration is scheduled for 6-8 p.m. March 22-23 and 29-30 in the gymnasium at Mitchell School, 316 East Chain of Rocks Road. Every player must register. New teams will be formed as sign-ups are taken.

Children age 5-6 will play T-Ball. The cost to register for T-Ball is \$25. Children age 7 will play coach-pitch baseball. The cost is \$35.

Softball sign-ups for girls age 8 and above are also being taken. The cost is \$30. Boys age 8 and above can register for baseball with a cost of \$35.

For more information, call Larry Monroe at 797-1532.

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The Warriors had five wrestlers named to the second team, including junior state qualifiers Chris Hogan and Tim Fulkerson. Hogan went 4-6 with 13 pins at 112 and Fulkerson was 38-8 with 16 pins at 119.

The other second-team selections went to senior 130-pounder Ernie Miller (23-10); sophomore 140-pounder Justin Beam (30-10); sophomore 152-pounder Joe Scott

(34-11); sophomore 160-pounder Jeff Estrada (35-14); and sophomore heavyweight Chris Janek (33-11).

Granite City had one wrestler make honorable mention, 130-pound freshman Myke Glover. Glover was 14-15.

THE WARRIORS HAD nine wrestlers with at least 30 victories this season. Next year,

Granite City stands to return every wrestler but Miller, the only senior on this year's team.

Southwestern Conference	
All-Conference Wrestling	
Joel Petty (103)	Belleville East
David Young (112)	Belleville West
Mike Delisle (119)	Collinsville
T.J. Slay (125)	Granite City
Marcus Myers (130)	Belleville East
Brian Schooley (135)	Granite City
Harvey Taylor (140)	Belleville East
John Venné (145)	Granite City
Lee Whitaker (152)	Belleville West
James Bean (160)	East St. Louis
Tony Buchek (171)	Granite City
John Sellers (189)	Belleville West
Jon Yates (275)	Belleville West

Second Team	
Ron Yoshida (103)	Belleville West
Chris Hogan (112)	Granite City
Tim Fulkerson (119)	Granite City
Neal Baltz (125)	Belleville West
Ernie Miller (130)	Belleville East
Matt Eiskant (135)	Belleville East
Justin Heam (140)	Granite City
Joe Ballard (145)	Belleville East
Joe Scott (152)	Granite City
Jeff Estrada (160)	Granite City
Rich Shermwell (171)	Collinsville
Matt Weir (189)	Belleville West
Chris Janek (275)	Granite City

Honorable Mention	
Nick Delisle (103)	Collinsville
Myke Glover (103)	Granite City
Mike Jones (112)	Collinsville
Kevin Trapp (119)	Belleville East
Charles Seckle (125)	Belleville East
Nathan Schumleff (140)	Belleville West

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Granite City soccer coach Gene Baker will conduct a clinic for the area's girls and boys youth soccer coaches Saturday at Memorial Stadium. The clinic will run 9 a.m.-noon and is free of charge. It will be held in conjunction with a GCHS girls soccer practice.

•Warriors — •Opener

(Continued from Page 15A)

But the rest of the team is a question mark at best right now. "Saying everything else is up in the air is an understatement," McClain said. "We don't have many strong points and our relays are going to be exceptionally weak until we find some people capable of filling those spots. There's a lot of holes on this team."

Losing sophomore Adam Teasley, who moved out of the district last summer, hurt Granite City in the field events.

Adam was our quarter-mile and he also handled the long jump last season," McClain said. "He turned in a pretty good freshman year. He definitely would have helped us."

"We just don't have anyone right now that can handle the long-, triple- or high-jump events."

The situation isn't much brighter for the girls team. The Lady Warriors are led by long-distance runner Nicole Done. The sophomore is coming off a stellar cross-country season, where she qualified for the sectional last fall.

"But the competition at this level might be a little too tough for her at the moment," McClain said. "This is going to be a great challenge for her. But Nicole is my best athlete on the girls team."

"She's never shied away from a challenge. Her (cross country) season is testament to that."

Freshman Stephanie Brandt will handle the discus. "She reminds me so much of my older sister Debbie (who graduated in 1985 and attended Fulton College in Missouri)," McClain said. "She's a big girl and she's extremely strong. She should have a lot of success in that event."

"But it's going to be a trying season. We've got a lot of work to do in a short period of time."

Archery

McKenzie Target Trail Shoot (Feb. 27) at Hazlet State Park (Carlyle Lake)

Open Class
Darrell Scanlon (Sparta).....363
Darrell Westernman (Gallatinville).....371
Michael Heman (Sesser).....365
Gayle Baker (Waterloo).....334
Kary Knuckstedt (Alhambra).....332
Larry Laubscher (Brighton).....322

Bowhunter — Release-Aid
Jon Pryor (Granite City).....362
Bill Brown (Trenton).....378
Mark Frye (Sesser).....376
Mike Thornton (Gallatinville).....374
Gary Rakers (Breesa).....365
Dan Behrman (St. Liberty).....363
Glen Mertens (St. Louis).....362
Dave Daniels (Freeburg).....361
Walt Purnea (Greenview).....359
Mike Heisman (Litchfield).....358
Bill Moore (Granite City).....358 (tie)

Bowhunter (Un-Aided Fingers)
Dale Ellis (Centuria).....324
Jeff Sutter (Dupo).....321
Kenny Keys (Dupo).....310
Glen Greene (Collinsville).....304
Lance Webb (Smithton).....295
Russell Knight (Collinsville).....292
Dave Weber (Oakdale).....288
Danny Hoge (Collinsville).....272
Roger Muskopf (Freeburg).....271
Bill Pickens (Hillsboro).....270

Traditional (Recurve/Longbow)
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Wayne Fenton (Litchfield).....275
Dianne Danna (Gallatinville).....269
Ron Ruebhausen (Highland).....228
Gary Sanders (Granite City).....218
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Gayle Baker (Waterloo).....344

Youth (Age 12-16)
Danny Mull (Granite City).....381
Phil Beckmann (Bartlett).....373
Scott Uhl (Walnut Hill).....372
Kirk Kunz (Trenton).....365
Troy Becker (Bartlett).....319
Mike Lerth (Carlyle).....316
Todd Crank (Belleview).....308
Gerod Jansen (Carlyle).....304
Rick Trane (Labsford).....301
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Cub (11-under)
Josh Blank (Marissa).....334
Jacob Scanlon (Sparta).....304
Joey Chandler (Marissa).....265
Brad Portz (Marissa).....204
Curt Loddeke (Breesa).....185

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•Opener

(Continued from Page 15A)

and won going away. "I only took five kids up there," McClain said. "But the kids we took to Charleston did a fine job. I wasn't expecting a lot of big things this early in the season, but I was somewhat pleased with the results."

Senior Eric Miner reached the semifinal round of the 60-yard

hurdles before he bowed out. Miner's best time was 8.8 seconds in the quarterfinal round. Senior Nathan Owen threw the shot put 45 feet in the semifinals. He fell one foot shy of reaching the championship round. Junior Darryl Thick ran the quarter-mile event and junior T.J. Slay ran the 800-yard dash and completed the course in 2:15.

"With the exception of Sean, our times weren't outstanding," McClain said. "But I was pleased with some of our times. Miner, Owen and Slay did very well. This meet was a good measuring stick for the kids. Now they know where they stand for the upcoming outdoor season."

"SOME OF OUR people are still out of shape at the moment,

but I'm confident we'll get ourselves turned around as the outdoor season approaches."

The Warriors open the outdoor season at 4 p.m. Monday 21 at O'Fallon in a triangular meet with Mascoutah. The Lady Warriors open their outdoor season at 4 p.m. March 24 in a triangular meet at O'Fallon with Edwardsville.

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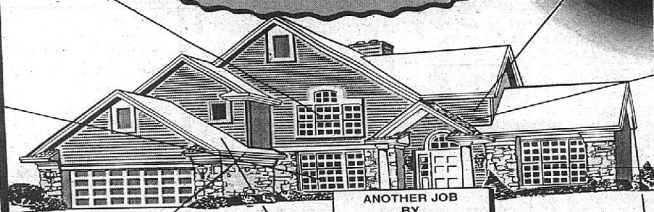
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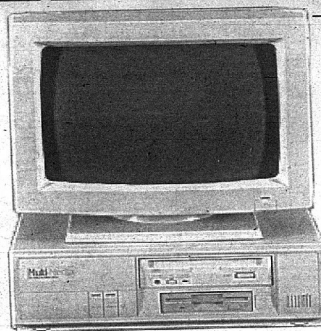
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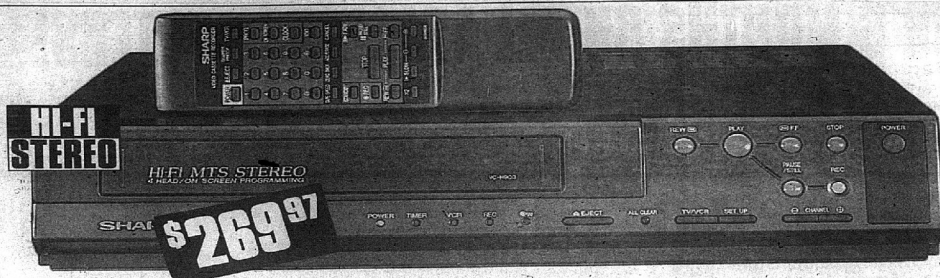
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Blank
Videotapes
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RCA**RCA 8mm Camcorder with 8:1 Zoom with Full-Range Auto Focus**

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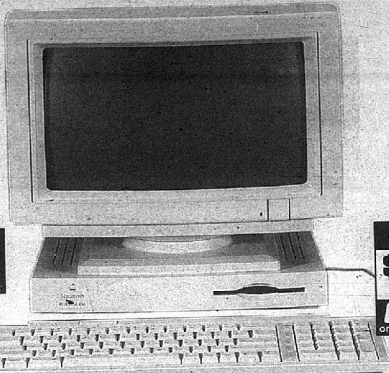
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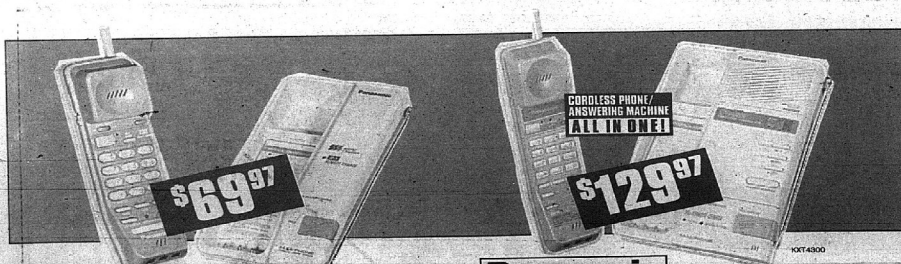
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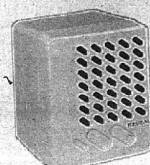
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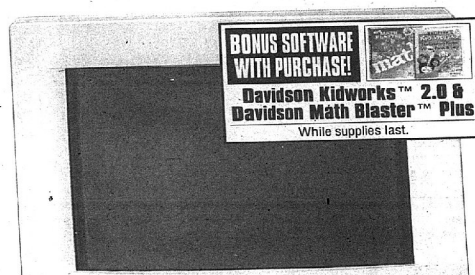
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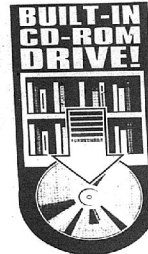
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Pioneer Programmable 6-Disc CD Changer with 2-Mode Random Play & Direct Access
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JVC

JVC Remote-Controlled Mini Component System with Programmable CD Player & Double Auto Reverse Cassette Deck

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SONY

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BOSE Direct-Reflecting Loudspeaker System with Free Space Tweeter Array & Slot Port Enclosure

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Infinity Sterling TS Satellite Loudspeaker System with Center Channel Loudspeaker & 2 Rear Channel Loudspeakers

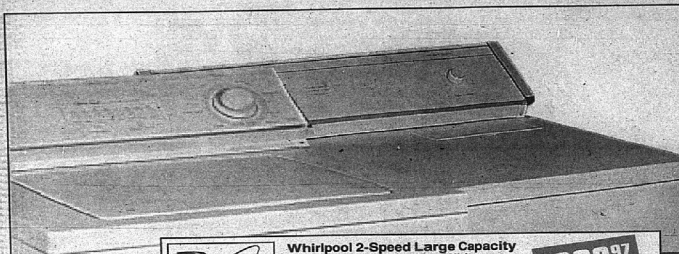
- 4" polypropylene woofer
- 1/2" polycarbonate tweeter with Acoustic Lens
- ideal for Dolby Pro Logic Surround Sound

\$449⁹⁷ SET

Corwin-Vega!

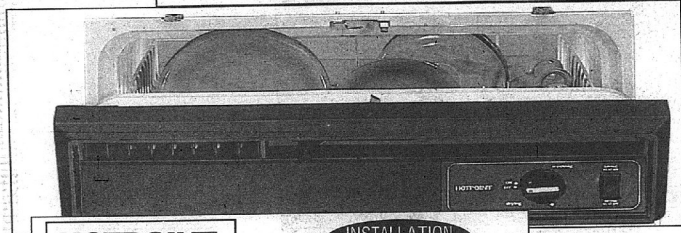
Corwin-Vega 3-Way Loudspeaker System with 12" Woofer & 200 Watt Power Handling Capacity

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Whirlpool
Whirlpool 2-Speed Large Capacity Washer with White-On-White Styling & Clean Touch Controls
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Whirlpool Large Capacity Electric Dryer with Mini-Hamper Door & All White Styling
LET543MAQ **\$279⁹⁷**

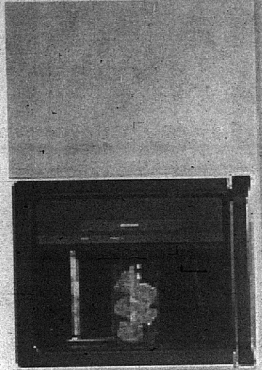


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Hotpoint Undercounter Dishwasher with Multi-Level Washing Action & Energy Saving Option
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Dirt Devil
Royal Dirt Devil® Hand Vacuum Cleaner with 2.0 Amp Motor & Revolving Brush
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Panasonic
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• automatic carpet height adjustment
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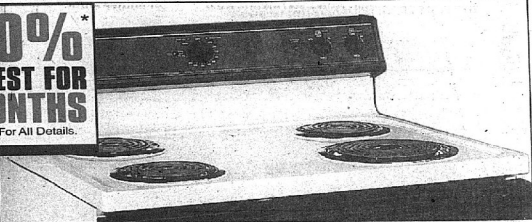


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• gallon door storage
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GE
GE Compact Microwave Oven with 525 Watts Cooking Power & 15-Minute Timer
• 3 cu. ft. oven
JCA **\$69⁹⁷**

Panasonic
Panasonic 0.8 Cu. Ft. Microwave Oven with 700 Watts of Cooking Power & Automatic Turntable
• 6 power levels
NN4351A **\$129⁹⁷**

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Sharp 1.2 Cu. Ft. Microwave with 900 Watts of Cooking Power & Auto Touch Controls
• 14" turntable
NA485 **\$189⁹⁷**

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Today's Food

Wednesday, March 16, 1994

Food & Nutrition

Wise Ways

Americans can fill their yen for Oriental food by using many vegetables and lots of rice with Chinese cooking basics.

INSIDE

Living Lean for Adults

Parents can lead their children to vegetables and they will eat without using force, says Tricia Guffey.

INSIDE

Blue Ribbon Cook

Savory green bean and pepper salad comes to the top of this week's flavor-packed green vegetable recipe contest entries.

INSIDE

Private Label Test Run

Sour cream creates a rich and creamy sensation. See how readers liked the Dierbergs brand on their baked potatoes.

INSIDE

Micro Raves

Microwave specialist Betty Serati shows how to let bodies show their trim best in the warming weather.

INSIDE

Lively Taste

Combine dry onion soup mix with dry bread crumbs and ground red pepper. Dip fish or chicken in 2 egg whites mixed with 2 tablespoons water, then dip in bread crumbs and bake.

Health & Fitness

Fresh Picks

March is the high point in shipments of fresh grapes from Chile to the U.S. Top-selling Thompson seedless grapes continue through this month. Red seedless and Ribiers continue into May, while black seedless should be in U.S. markets through June.

Medicine Chest

The pain of gout — a form of arthritis — can be controlled in part by what you eat, according to Rebecca Coley.

INSIDE

Big Fat Tip

Low-fat does not equal flavorless. For a quick breakfast, toast the two halves of an English muffin. Spread with low-fat ricotta or fat-free cream cheese. Add a top layer of thinly sliced apple, then sprinkle with cinnamon-sugar.

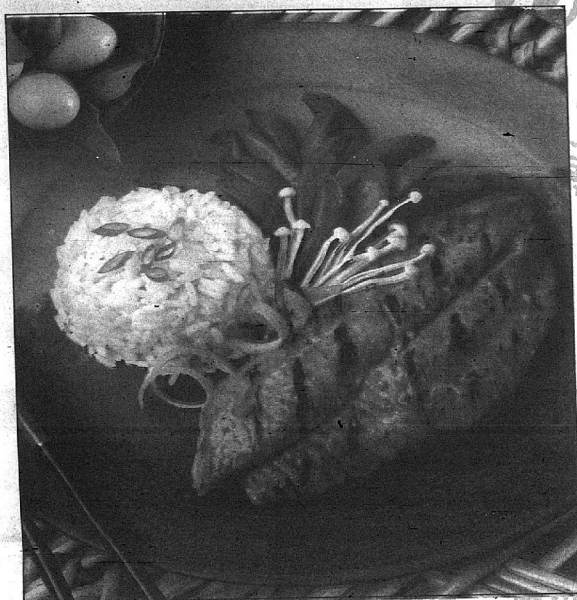
Kids' Cuisine

Let kids catch their own fish dinner. Cut a mild fish like halibut or cod in chunks. Kids pick fresh vegetables they want skewered with the fish. Brush the kabobs with a little mustard, soy sauce or ketchup with or without a pinch of honey, then broil, allowing 10 minutes cooking time per 1-inch thickness of fish.

Future Shop

Look for heat-sensitive indicators on packages. Pillsbury has pancake syrup ready for shelves where an indicator turns from black to red "hot" when the syrup is heated. The handle stays cool, a self-venting safety cap releases steam if the lid is not lifted and its compact shape fits most microwave ovens.

Fish:



from sea to sea

By Janice Denham
Staff writer

It is only fitting that catfish should be a year-round favorite seafood. After all, even Midwesterners caught their share of it, rolled it in a mixture of cornmeal and fried it to everyone's delight. Now there is no limit to the catch, because catfish is farmed, making it available at reasonable prices in every season of the year. Although it may have started as a fish-fry favorite, it glides to the top of the hit parade for versatility with its mild, sweet flavor. In 1989 a 10-acre pond delivered 20,000 pounds of catfish in 18 months. Today that same pond produces 60,000 pounds in the same time. High-protein feed pellets made from soybeans, fish meal, corn wheat, vitamins and minerals have eliminated the muddy taste and fishy odor once associated with catfish from

local waters.

Catfish are loaded into tank trucks equipped with aeration systems. Oxygen-rich water keeps catfish swimming all the way to cooperative processors where it is cleaned, bled and deep-frozen or packaged for fresh shipment — with less than 30 minutes expected outside water.

It is low in total and saturated fat, high in protein, low in calories and sodium, and adapts to the flavors of regional America. It helps create creole gumbo, yields to Asian flavors with fruit juice, soy sauce and garlic. It meshes well, too, with the European style of zucchini and artichokes flavored with parmesan cheese for serving with pasta.

When buying any fresh seafood, it should be moist

SEE FISH, INSIDE TODAY'S FOOD PAGE 2

Today's Catch

Many people grew up with springtime foods featuring lots of canned tuna, salmon for company, cheese and eggs, and vegetables that came straight from the garden. That routine may seem like centuries ago as traditions vary with generations, and fresh foods — including seafood and vegetables — are now plentiful year-round.

Table Talk's invitation for favorite recipes that could be used during the spring Lenten season brought Tuna Asparagus Casserole from Nancy Lynch of Webster Groves. Although she prefers using cream of chicken soup, the dish could be meatless by substituting cream of mushroom, celery or even asparagus soup. She is not waiting for this

year's asparagus to mature. She picked it at a farm last year and froze enough to make it into the 1994 season.

Anne S. Allen of South St. Louis provided a recipe for Different Baked Beans, which sports three types of beans with pineapple baked with them. Perfect for meatless meals any time of year, she serves it every Thanksgiving for a relative who does not eat meat — and everyone else who eats turkey besides.

The next Table Talk will include ideas from Mom. Did your mom always fashion a face on French toast or decorate the top of your birthday cake with maraschino cherries? Is there a recipe she took to every party? What did she feed you when you were sick?

Share a recipe or remembrance with readers in time for Table Talk's return for Mother's Day. Send it to: Table Talk, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

TABLE
TALK



Look inside for 4 pages of
Shop 'n Save. Total Value Savings.



Desserts sweeten bounds of healthful eating field

March is National Nutrition Month, the perfect time to adopt a healthier lifestyle that includes regular exercise and good eating. Still, don't forget dessert. It is not necessary to give up sweet treats or sacrifice great taste. Here are desserts offered in that spirit.

These deliciously sweet indulgences can fit into a healthful diet. They use sugar-free gelatin and instant pudding and pie filling. Switch flavors to suit the occasion.

For instance, in Chocolate Peanut Butter Parfaits, switch the pudding to pistachio and skip the peanut butter and it turns into green dessert appropriate for any Irish holiday. It cuts 61 calories and almost 2 grams fat from the already-low numbers for this luscious treat.

CHOCOLATE PEANUT BUTTER PARFAITS

- 2 tbsp. skim milk
- 2 tbsp. chunky peanut butter
- 1 cup frozen reduced-fat whipped topping, thawed
- 2 cups cold skim milk
- 1 pkg. (4 servings) chocolate sugar-free instant pudding mix

In small bowl, stir 2 tablespoons milk into peanut butter until smooth. Stir in whipped topping.

In medium bowl, add pudding mix to 2 cups milk. Beat with wire whisk 2 minutes.

Spoon pudding and whipped topping mixture alternately into 6 parfait glasses. Refrigerate 30 minutes.

CREAMY FRUIT AND CAKE DELIGHT

- 1 cup fat-free loaf cake, cut in 1/2 inch cubes
- 1 small banana, sliced
- 1 cup sliced strawberries
- 3/4 cup boiling water
- 1 pkg. (4 servings) sugar-free gelatin, any red flavor
- 1/2 cup cold water
- Ice cubes
- 1 cup frozen reduced-fat whipped topping, thawed
- Fresh mint and 6 slices strawberry, if desired

Divide cake cubes and fruit among 6 dessert glasses.

In large bowl, stir boiling water into gelatin 2 minutes or until completely dissolved. Mix cold water and ice cubes to make 1 1/2 cups. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Stir whipped topping into

gelatin with wire whisk until well blended. Let stand 5 minutes or until thickened. Spoon mixture over fruit and cake. Garnish with mint and strawberry slice. Refrigerate 1 hour or until firm.

SEVENTH HEAVEN

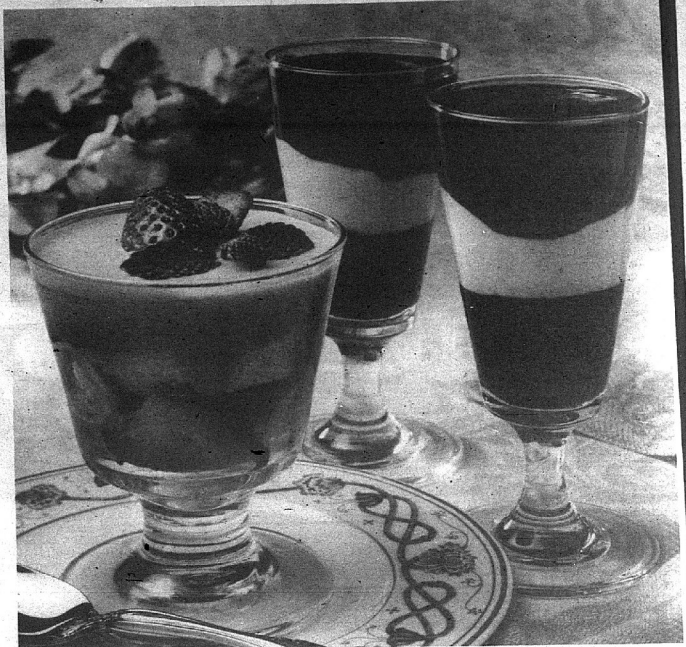
- 2 cans (8 oz. each) sliced peaches in juice, drained
- 3/4 cup boiling water
- 1 pkg. (4 servings) sugar-free raspberry gelatin
- 1/2 cup cold water
- Ice cubes
- 3/4 cup frozen reduced-fat whipped topping, thawed

Reserving several slices for garnish, dice remaining peaches.

In large bowl, stir boiling water into gelatin for 2 minutes or until completely dissolved. Mix cold water and ice cubes to make 1 1/2 cups. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Stir in diced peaches.

Refrigerate 5 minutes or until mixture is very thick and mound.

Mix cold water and ice cubes to make 1 1/2 cups. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Stir in



Desserts that satisfy the sweet tooth without excess calories and fat tip the enjoyment scale all the way to "full."

Private Label Test Run

Sour cream dresses up potatoes, beans

Sour cream — used as a topping, dressing or base for dip — is an all-American favorite. It can take a lowly potato and give it melt-in-your-mouth power. Dierbergs dairy sour cream was this week's star of the Journal Private Label Test Run.

It not only met the taste requirements of the three area residents who tried it, but it earned praise for its economical price. The sour cream comes in a 16-ounce container and costs \$1.19, anywhere from 10 to 40 cents cheaper than other brands.

Sue Spoto from Des Peres, a restaurant owner herself, said the sour cream was great on baked potatoes.

"The flavor was fantastic and the texture excellent. It was rich and creamy."

Spoto said price usually determines which sour cream she buys. She said the Dierbergs brand is definitely a good value.

West county residents Steve and Jean Abernathy also tried the sour cream on baked potatoes. Jean Abernathy said she particularly liked the fact the sour cream hadn't separated when she opened it.

"I hate it when the sour cream is watery."

Steve Abernathy said the sour cream was rich and tangy with good consistency. He liked how its consistency stayed substantial, even on the hot potato.

He liked the sour cream as well as the more-expensive Sealtest brand they usually buy.

Micro Raves

Approaching warm seasons assist in thin-down effort

Periodic weather breaks excite people about approaching warm seasons. For many it precludes anxiety about another upcoming swimsuit season.

One advantage of warm temperatures is that outdoor activities and exercise can be reinstated into daily schedules for better health and attitudes, faster metabolism and a trimmer body.

However, exercise is not enough. An alteration in order at one favorite indoor activity — eating. A person wanting to lose weight is not destined to a life of eating only carrot sticks.

The quick cooking of a microwave oven lets flavors shine and intensify, while enhancing the colors and textures of food. Low-fat eating need not be boring.

Vegetables are a staple for weight-conscious people. Breading and frying or drenching with butter or cheese sauce zooms calories and fat upward. One gram of fat adds nine calories to food, so 10 grams fat — less than one tablespoon butter — means nearly 100 calories. A whole pound of fresh broccoli has fewer calories and is certainly more filling.

To cook broccoli in a microwave-safe dish with about 2 tablespoons water. Cook, covered, on high power 6 to 7 minutes until slightly less tender than desired. Drain. Let stand, covered,

about 3 minutes to continue cooking out of the microwave oven. Foods "carry-over-cook" about half their actual cooking time.

For an incredibly beautiful and easy vegetable dish, get a large microwave-safe platter. Around the outer edge, place broccoli pieces, then ring cauliflower florets just inside. Fill center with sliced yellow and zucchini squash, mushrooms, green and red pepper pieces, and dot with cherry tomatoes. This puts denser, longer-cooking vegetables on the outside, and softer, quicker-cooking vegetables on the inside.

Sprinkle with 2 to 3 tablespoons water. Cover with plastic wrap. Microwave platter 5 to 7 minutes per pound of vegetables.

Plan to use this vividly colored medley as a centerpiece. Sprinkle with a favorite seasoning and serve. If desired, serve with a sauce made of 1/2 cup nonfat yogurt, 1/2 cup low-fat mayonnaise, 2 tablespoons parmesan cheese and 1 teaspoon basil. Heat in a microwave oven 1 1/2 to 2 minutes.

Everyone loves nachos, but the cheese and chips are a "no-no" for people watching their weight. This version is for everyone. Fresh potato slices contain B and C vitamins. Each potato slice has about 7 1/2 calories — compared to 1 ounce of corn chips with 160 calories. Olives — 1/4 cupful has 58

calories — are optional. Using chives instead of olives results in calorie savings. The bacon can be eliminated, but it adds a lot of flavor at about 3 calories per nacho.

POTATO NACHOS

- 3 slices bacon
- 3 medium potatoes
- 2 tbsp. water
- 1 1/2 cups (6 oz.) shredded low-fat cheddar cheese
- 1/2 cup chopped olives or chives

Place bacon on paper towel on bacon rack. Cover with paper towel. Cook on high power 2 to 3 minutes until crisp. Crumble.

Slice unpeeled potatoes 1/4-inch thick. In microwave-safe casserole, cook potatoes and water, covered, 8 to 10 minutes on high power until tender.

Arrange a dozen potato slices in single layer on glass plate. Top with one-third cheese and one-third olives or chives. Sprinkle with one-third bacon. Cook on medium-high power, uncovered, 1 to 1 1/2 minutes until cheese is melted. Repeat with remaining ingredients. Serve warm. Makes 3 dozen nachos, about 20 calories each.

Betty Serati is a microwave specialist.

By BETTY SERATI

Medicine Chest

By REBECCA COLEY

Careful eating helps avoid painful gout

Gout is a painful form of arthritis. It typically affects the large toe, but it can settle in any joint. Pain occurs when uric acid crystals build up in the joint, affecting movement.

Gout can be aggravated by what a person eats. Diets high in the consumption of fish eggs, sardines, organ meats such as chicken liver, anchovies, beer and wine can precipitate a gout attack or aggravate an existing attack.

Totally eliminating these from the diet can prevent further attacks, but they do not correct the underlying disorder.

Several drugs treat and control gout by reducing inflammation caused by uric acid crystals. Allupurinol, also known as Zyliprinol, prevents formation of uric acid. Colchicine is one of the most common agents used to decrease inflammation and prevent attacks. Some physicians use Probenecid to increase elimination of uric acid through the kidneys.

Reducing inflammation usually decreases pain. However, many patients also use non-steroidal anti-inflammatory drugs (NSAIDs) in conjunction with one of the above agents.

Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

Recipes

ORIENTAL SPARERIBS

- 1 cup pineapple juice
- 1/4 cup honey
- 2 tsp. soy sauce
- 1 tsp. instant beef bouillon or 4 cubes beef bouillon
- 2 tsp. white cider vinegar
- 2 cloves garlic, finely chopped
- 1 1/2 tsp. ginger
- 2 lb. lean pork spareribs, sawed in half crosswise, cut in serving-size pieces

In small saucepan, combine juice, honey, soy sauce, bouillon, vinegar, garlic and ginger. Simmer 10 minutes or until bouillon dissolves. Cool. Place ribs in large shallow baking dish. Pour sauce over ribs. Marinated, covered, in refrigerator at least 6 hours or overnight.

Preheat oven to 350°. Arrange ribs on rack in shallow baking pan. Bake, covered, 45 minutes. Uncover. Bake 40 to 45 minutes longer, basting occasionally with marinade. Makes 8 to 10 servings.

Fish

By Janice Denham
Staff writer

Continued from page 1C.

with no drying or browning around the edges. It should be stored in the coldest part of the refrigerator wrapped tightly in aluminum foil or plastic wrap and used within two days.

Overcooking dries and toughens fish. It is done when the fish is opaque and begins to flake easily when tested with a fork at the thickest part — allowing 10 minutes cooking time per inch of thickness, measuring the thickest part of the fish.

CATFISH GUMBO

- 1/4 cup oil
- 1/2 tsp. chopped celery
- 1 cup chopped green bell pepper
- 1 cup chopped onion
- 2 cloves garlic, chopped
- 4 cups beef broth
- 1 can (16 oz.) tomatoes
- 1 pkg. (10 oz.) frozen sliced okra
- 1/2 tsp. thyme
- 1 bay leaf
- 1/2 tsp. cayenne pepper
- 1/2 tsp. oregano
- 1 tsp. salt
- 4 catfish filets, cut in 1 inch cubes
- Cooked rice, if desired

Heat oil in large stock pot.

Saute celery, green pepper, onion and garlic. Add beef broth, tomatoes, okra, thyme, bay leaf, cayenne pepper, oregano and salt. Simmer, covered, 30 minutes. Add catfish and continue simmering 15 minutes or until catfish flakes easily.

Remove bay leaf. Serve over cooked rice. Makes 10 servings.

CATFISH WITH TANGY ORANGE SAUCE

- 2 lb. catfish filets
- 1/4 cup orange juice
- 2 tsp. oil
- 2 tsp. reduced-sodium soy sauce
- Pinch pepper
- 1 tsp. lemon juice
- 1 clove garlic, minced

In bowl, combine orange juice, oil, soy sauce, pepper, lemon juice and garlic. Brush catfish with sauce. Place catfish on lightly oiled broiler pan or grill 4 inches from heat. Cook 5 minutes, brushing frequently with sauce. Turn and cook 5 minutes longer or until catfish flakes when tested with fork. Makes 8 servings.

PASTA WITH CATFISH AND ARTICHOKE

- 2 catfish filets
- 3 tbsp. butter or margarine
- 1 cup sliced artichoke hearts
- 1 red bell pepper, cut in julienne strips
- 1 carrot, cut in julienne strips
- 1 zucchini, cut in julienne strips
- 2 cups heavy cream or 3/4 cup low-fat milk
- 1 lb. uncoked angel hair pasta or vermicelli

- 1/2 cup grated parmesan cheese
- 1/2 tsp. nutmeg

Cut catfish in half crosswise. Slice in thin strips. Sauté in melted butter.

Add artichokes, red pepper, carrot and zucchini. Cook until tender. Stir in cream. Keep warm.

Cook pasta according to package directions. Drain.

Toss pasta well with cream mixture and cheese. Sprinkle with nutmeg. Serve immediately. Makes 8 servings.

Today's Food

Wise Ways

By MARY SCHROEPFER

Veggies and rice rescue high-fat Oriental meals

Last year the Center for Science in the Public Interest criticized American-style Chinese food for its load of fat and sodium. My own cookbook confirms that American-style Chinese foods often are deep-fried, heavy on meat and nuts, short on vegetables and served with only small amounts of carbohydrates.

True Chinese food need not be that way. To keep Chinese menus healthy, use meat, seafood and poultry as a condiment. To improve favorite recipes, simply increase the vegetables to four cups per one cup meat, poultry or seafood. This greatly increases fiber and reduces fat.

To cut fat, avoid breaded items. Limit nuts to no more than 2 tablespoons per entrée. Peanuts, almonds and walnuts quickly add fat calories. One restaurant version of stir-fried chicken with ¾ cup peanuts ended up with 76 grams fat.

Choose stir-fried vegetable entrées rather than fatty foods like fried wontons, egg rolls, sweet-and-sour pork, fried rice noodles and fried rice. Vegetables can be varied according to the season.

Limit the amount of oil used for stir-frying to about two tablespoons. Using a non-stick wok or skillet cuts down on the amount of oil needed.

To cut sodium, switch to a low-sodium soy sauce, and skip added salt. Often the sodium in other Asian sauces and condiments is high.

Serve entrées with plenty of plain rice, rather than on fried noodles or fried rice. For example, this Beef and Vegetable Stir-Fry yields six servings at 252 calories, but 33 percent of the calories comes from fat. If one cup of cooked plain white rice is added to each serving, the percent of calories from fat drops to 17.

The vegetables with rice version is a nutritional powerhouse, providing 5.6 grams fiber and more than one-third the daily requirement of 10 nutrients: protein, Vitamins A, C, B1, E3, B6, B12 and E, iron and zinc.

BEEF-VEGETABLE STIR-FRY

- 1 lb. round beef steak, lean meat only
 - 1½ cup broccoli, cut in 1 inch pieces
 - 3 medium carrots, peeled, sliced diagonally
 - ½ cup celery, stringed, cut in thin diagonal slices
 - 1 tsp. cornstarch
 - ½ tsp. sugar
 - 2 tsp. soy sauce (see note)
 - 2 tsp. chicken broth
 - 2 tsp. oil
 - 1 medium onion, peeled, cut in thin wedges
 - 1 cup frozen peas, thawed
 - 1 can (4 oz.) water chestnuts, drained, thinly sliced
 - 6 cups hot cooked rice
- Freeze beef 1 hour. Cut in

thin slices across grain.

In medium saucepan, cook broccoli and carrot in boiling water 2 minutes. Drain.

In small bowl, combine cornstarch, sugar, soy sauce and chicken broth.

Heat oil in large skillet or wok. Stir-fry broccoli, carrot, onion and celery 2 minutes or until tender-crisp. Remove from skillet.

Add half the beef to hot skillet. Cook 2 to 3 minutes until brown. Remove from skillet.

Brown remaining beef. Add all beef to skillet. Add peas, water chestnuts and soy sauce mixture. Stir until thick and bubbly. Return remaining vegetables to skillet. Heat 1 minute.

Serve over hot rice.

Makes 6 servings; 252 calories, 9 g fat (33 percent calories from fat), 103 percent RDA vitamin A, 60 percent vitamin C, 58 percent protein and 461 mg sodium each without rice, and 432 calories and 10 g fat (20 percent calories from fat) each with rice.

Notes: To reduce sodium, use reduced-sodium soy sauce, and low-sodium bouillon granules to make broth.

To replace water chestnuts, omit or replace with a few peeled and sliced mild radishes for crunch.

Home economist Mary Schroepfer is nutrition specialist for University of Missouri in Franklin County.

Recipe

CREAMY TUNA PRIMAVERA

- 1 pkg. mix for tuna, preferably creamy
- broccoli flavor
- 1½ cups frozen mixed

broccoli, carrots and cauliflower

- 1 can (4 oz.) mushroom pieces and stems, drained
- 2 tbsp. margarine or butter
- 1 can (6 1/8 oz.) tuna, drained
- 1 cup milk
- 2½ cups hot water
- 1 cup (4 oz.) shredded cheddar cheese

Prepare mix for tuna mixture as directed on package, stirring in vegetables and mushrooms with the sauce mix.

After simmering, remove from heat. Sprinkle with cheese. Let stand, covered, about 5 minutes until cheese is melted.

Makes 5 servings.

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Living Lean for Adults

By TRICIA GUFFEY

Are children really allergic to eating vegetables?

Mealtime for children can challenge a parent or grandparent. Preschoolers often show unpredictable eating behaviors, while older children tune in to foods other children eat at school and turn off what is served at home.

It is no wonder a food preparer feels lost when figuring what, how and when to feed children.

Take this little quiz to see how you are doing. Answer each question true or false.

1. Honey is a good sweetener for infants.
False. Honey should not be given to children under one year old. An infant's immune system differs from an adult's. Honey contains "clostridium botulinum" spores that can lead to botulism food poisoning. After age one, honey in small amounts poses no problem.

2. It is a good idea to give an infant/toddler a bottle of milk or juice at bedtime. It helps soothe him to sleep.
False. Infant/toddlers should not be put to bed with a bottle of milk or juice. Drinking a bottle while lying in bed causes the liquid to "bathe" the teeth, destroying enamel and causing cavities. If you have trouble breaking the cycle of a bottle at bedtime, try water instead of milk or juice.

3. Expect children to avoid vegetables.
False. Like adults, children have food likes and dislikes. It's a myth that children do not like vegetables. Children eat what they are exposed to, so offer a child a wide variety of all foods—including vegetables. You may be surprised at what will be tried if given the opportunity. Children typically prefer raw, crunchy vegetables over soft, cooked ones. For a added treat, serve vegetables with low-fat dip.

4. An overweight child should be put on a weight loss diet.
False. Weight loss in growing children is not healthy. Help your child grow into his or her current body weight but never put a child on a diet. Encourage moderate exercise and establish eating habits that will keep a child's body weight in line. Offer a wide variety of lower-fat foods and do not over portion sizes. Eating adequate servings from a wide variety of foods ensures a child all the nutrients needed for normal growth and development.

5. A child always should clean his or her plate.
False. Forcing a child to eat everything at every meal may be harmful to his future eating habits. Do not withhold dessert because a child does not finish a meal. Incorporate it into the actual meal. Understanding your child's eating behaviors can help minimize struggles at the kitchen table. Remember that balance, variety and moderation are the key components to a healthy diet.

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"Read All About It!" is a handy brochure offering a simple explanation of the new food labels. It is the latest addition to Quaker Oats Co.'s Healthy Dialogue series of brochures developed as a result of the 10,000 consumer calls and letters the company receives each month.

To receive a free copy, send name and address to: Read All About It!, Department Z, P.O. Box 3391, Maple Plain, Minn. 55592.

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2 English muffins, whole wheat preferably
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1 tsp. chopped onion
1 tsp. oregano

1 tsp. sugar
1/4 cup (1 oz.) shredded part-skim mozzarella cheese

Split muffins. Toast lightly. Mix tomato, onion, oregano and sugar. Spread on muffin halves. Sprinkle with 1 tablespoon cheese. Broil about 2

minutes until cheese is bubbly.

Makes 4 servings; 95 calories, 2 g fat (1 g saturated) and 4 mg cholesterol each.

Recipe adapted from "Handy, Healthy Snacks for

Kids" brochure by St. Louis Chapter Nutrition Committee of American Heart Association. To receive a copy of the brochure, call 45-HEART or toll-free (800) 255-9919 from outside St. Louis.

Tricia Guffey is registered

dietitian for the St. Louis Chapter of the American Heart Association.

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FRESH LEG QUARTERS \$1.79
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FRESH ICE PAK CHICKEN WINGS \$2.50
FRESH WHOLE FRYERS \$3.60

Cup of Coffee

By JANICE DENHAM

All ages can follow lead of veggie-eating youths

By Janice Denham
Staff writer

When Arlene Spark, associate professor of nutrition at New York Medical College, asked her daughter if she was a vegetarian, she answered, "Yes, essentially, except for Burger King." Spark told writers at the food news seminar at the recent Pillsbury Bake-Off that recommendations of the last 20 years that people base more meals on vegetarian eating are being listened to on individual terms. Advice that Americans switch 10 percent of their average daily calories away from fat — from 40 to 30 percent — into carbohydrates, left the protein content the same. At first blush it looks like protein is the same. "What is actually being suggested here is that we change the source of our protein. Now the protein must be derived mainly from

carbs and less from foods that contain fat," she said. The solution is to eat smaller portions of meat and fatty foods and eat more plant-based, protein-packed foods like grains, lentils, beans and cereals.

"All vegetarians do not eat alike," she said. She finds young people choose to eliminate meat from their eating for many reasons: often to support moral and ethical concerns, for health reasons, to show their independence and be different, or to lose weight or mask an eating disorder.

On the other hand, eating heartily from the lower end of the food chain — grains, legumes, fruits, vegetables — makes aging more healthful and graceful because fat contains more than twice the calories of carbohydrates.

"There is no difference in nutrient needs in being 27 years old and being 87 years old. What you do need less of

is calories. Older people need a more nutritionally dense diet. A person who chooses to eat a low food chain diet at this age is going to have more options than a person who chooses a meat-focused diet," she said.

Spark feels those who choose a more vegetarian diet also tend to eat a greater variety of foods, contrary to criticism that "giving up meat cuts down potential foods eaten. They are more open to trying other foods

and have the possibility of eating almost as many vegetables as they want. Since the original recommendations were presented,

she notes that research has continued to underline the healthful benefits of eating vegetables with their trace elements and fiber.

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Educational Sessions Schedule: March 19

10:00 a.m.-11:00 a.m.

Planting Trees and Shrubs

Household Propagating

Using Plants in the Landscape

11:30 a.m.-12:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

1:00 p.m.-2:00 p.m.

Planting Trees and Shrubs

Household Propagating

Using Plants in the Landscape

2:30 p.m.-3:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

3:30 p.m.-4:30 p.m.

Planting Trees and Shrubs

Household Propagating

Using Plants in the Landscape

4:30 p.m.-5:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

5:30 p.m.-6:30 p.m.

Planting Trees and Shrubs

Household Propagating

Using Plants in the Landscape

6:30 p.m.-7:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

7:30 p.m.-8:30 p.m.

Planting Trees and Shrubs

Household Propagating

Using Plants in the Landscape

8:30 p.m.-9:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

9:30 p.m.-10:30 p.m.

Planting Trees and Shrubs

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Using Plants in the Landscape

10:30 p.m.-11:30 p.m.

Planting with Style

Establishment and Care of Perennial Gardens

11:30 p.m.-12:30 p.m.

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12:30 a.m.-1:30 a.m.

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Recipes

SZECHWAN-STYLE CHICKEN

- 1 pkg. (6 oz.) frozen pea pods
- 1 lb. bite-size pieces chicken breast
- 1/3 cup teriyaki sauce
- 2 tbsp. spicy stir-fry sauce
- 2 tsp. cornstarch
- 3 cups chopped bok choy
- 1 large onion, chopped (1 cup)
- 2 tbsp. oil
- 1 cup broccoli flowerets
- 1 red bell pepper, cut in strips
- 1 can (14 oz.) corn, drained
- 1 jar (7 oz.) mushrooms, drained

Run water over pea pods to thaw.

Combine teriyaki and stir-fry sauces with cornstarch. In large skillet over medium-high heat, stir-fry bok choy and onion in 1 tablespoon hot oil 2 minutes.

Add broccoli and pepper. Stir-fry 2 minutes. Remove from skillet. In same skillet, stir-fry chicken, half at a time, in remaining hot oil 2 to 3 min-

utes until chicken is no longer pink.

Return all chicken to skillet; push from center. Stir sauce and add to center.

Cook and stir until bubbly. Cook and stir 1 minute more. Add cooked vegetables, corn and mushrooms to skillet.

Cook 2 minutes or until heated through.

ORANGE HOT CROSS BUNS

- 3/4 cup hot orange juice
- 1/2 cup (1 stick) butter or margarine, softened

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- 1/2 cup granulated sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 2 pkg. dry yeast
- 1/2 cup warm orange juice
- 3 eggs
- 1 cup light raisins
- 1 tsp. grated orange rind
- 4 cups flour
- 1 cup confectioner's sugar
- 1 tsp. boiling water

Pour hot juice over butter, granulated sugar, cinnamon and salt in large bowl. Cool to lukewarm. Dissolve yeast in warm orange juice. Add to butter mixture with eggs. Mix well.

Add raisins and grated rind. Gradually beat in enough flour to make soft dough. Turn out on floured surface. Knead until smooth. Place in greased large bowl. Let rise, covered, in warm place about 2 hours until double in size.

Punch down. Turn out on floured surface. Shape dough into 18 round balls. Place on 2 greased baking sheets. Let rise, covered, about 1 hour until doubled again.

Preheat oven to 350°.

With scissors or razor blade, cut cross in top of

each bun. Bake in preheated oven 20 minutes or until golden brown. Remove to wire rack. Cool slightly.

Combine confectioner's sugar and water until smooth and creamy. Drizzle over cross on top of each hot bun. Yields 18 buns.

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EASTER BUNNY ARRIVES

SATURDAY, MARCH 19

Visits & Photos thru April 2

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Fri.-Sat. 10 a.m.-9:30 p.m.

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Visit the Easter Bunny in his brand new Easter Carnival home - an enchanting park setting, complete with a moving Ferris wheel, animated seesaw and much more!

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WIN A FREE TICKET FOR A CAROUSEL RIDE!

Just bring \$35 in specialty store receipts dated March 19 or 20, 1994 to the

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FREE STAY IN MEXICO OR HAWAII

Back by popular demand! Receive a FREE* 4-day, 3-night stay in a luxurious resort

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Quick Quisine

Fresh fish can be 'fast food' at home

When you walk in the door at 6 or 7 p.m., there may be little energy left for cooking dinner from scratch. Instead of ordering pizza, consider cooking fresh halibut or cod. Fish is so easy and quick to cook it could be considered "fast food."

Halibut and other white fish have a firm, meaty texture and mild flavor that appeals to kids and adults alike.

Honey-Mustard Halibut capitalizes on the ease of fish preparation. The sauce — made from four basic ingredients probably already in the kitchen — can be mixed quickly and brushed on the fish just before cooking.

To use frozen seafood, pull it out of the freezer to thaw overnight in the refrigerator so it is ready to cook the next day, or thaw it in a microwave oven on the defrost level.

Fish cooks in 10 minutes per inch of thickness, measuring the fish at that piece's thickest part, or until it just begins to flake when tested with a fork.

Serve the steaks with additional sauce for dipping and with steamed vegetables or a tossed green salad.

HONEY-MUSTARD HALIBUT

1/4 cup Dijon-style mustard
1/4 cup (1/2 stick) butter,

2 melted
tbsp. honey
2 tsp. lemon juice
6 (4 to 6 oz. each) halibut
or cod steaks

Salt and pepper
Vegetables for skewering (cherry tomatoes, red onion wedges, red or green bell pepper chunks, zucchini chunks, boiled new potatoes), if desired

Whisk together mustard, butter, honey and lemon juice.

Season halibut with salt and pepper. Brush both sides of each steak liberally with mustard sauce.

Place on broiling pan or well-oiled grill. Broil or grill 5 to 6 inches from heat 10 minutes per inch of thickness or until fish just flakes when tested with fork.

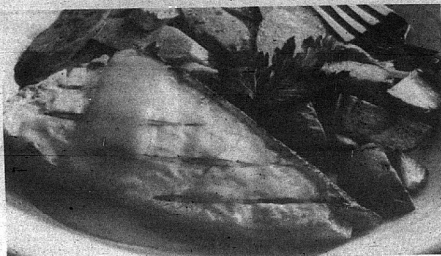
If desired, place vegetables on skewers and brush with sauce. Broil or grill at same time as fish.

Sauce ingredients also can be doubled and served warm as dipping sauce.

Makes 6 servings.

MISS RISING STAR
BEAUTY PAGEANT
March 27, 1994
Ages Infant thru 14 years
(7 Age Groups)
Location: Granite City
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Win and a \$400 cash prize, runners-up, savings bonds & a chance to represent Granite City.
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ASK ABOUT FREE ENTRY

Today's Food



Don't fish for an invitation to eat dinner out when preparation time is short. Plan to dine in on convenient and flavorful seafood.

Set up weekly grocery list to save time

Menus and grocery lists in any household tend to fall along the same lines week after week. For a timesaver, use this week's shopping list to create a head start for following weeks. Make photocopies of the basic list for the future so needed goods can just be checked off and not forgotten.

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Upcoming Health & Wellness Programs

- Thursday, March 24 - "Arthritis Update II" Free Community Education Program, 7 p.m. Topics include: Arthritis overview, treatment options, question/answer session with physician, introduction to monthly screening/diagnostic clinic.
- March 22 - May 26 (Tuesdays & Thursdays) - 10-Week Chair Exercises/Light Aerobics for Seniors, 9-10 a.m., \$40.
- April 5 - June 21 - (Tuesdays) - "Right Weigh" 12-Week Adult Weight Loss Program, 7-8 p.m. \$125

To register or receive further information, call 234-2120, extension 1575



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Monday, March 14
8 a.m. to 9 a.m.
(Lower Level - St. Clair Square)

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Memorial Hospital, Belleville
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Blue Ribbon Cook

Beans, peppers color salad as a winner

Carol S. Thelen, Belleville, Ill., is the winner of this week's recipe contest for Dilled Green Bean and Pepper Salad. For it she wins a prize of dinner certificates from Pasta House Company.

This dish adds fantastic color to a table year-round. Green beans, red and yellow bell pepper pop right off the plate with a sprightly mixture of Dijon mustard, balsamic vinegar, soy sauce and olive oil. A last-minute toss with dill adds healthy flavor. Leftovers are delicious.

Recipes in this month's Rice Recipe Contest will be accepted through March 31 for consideration as winner each week in April. Send in any type of recipe that uses rice.

One recipe per household can be sent to: Rice Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible,

ble, name the recipe's source. Include the name of the Journal you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

Salt and freshly ground pepper to taste
1/4 cup chopped fresh or 3 tbs. dried dill

Cook beans in boiling salted water to cover about 7 minutes until tender.

Place peppers in colander in sink. Drain beans over peppers.

Let stand 1 minute. Freshen under cold running water. Drain well.

In large bowl, combine mustard, vinegar and soy sauce. Gradually whisk in oil until absorbed thoroughly mixed. Season with salt and pepper.

In large bowl, toss dressing with vegetables. Sprinkle with dill. Toss again.

Serve chilled or at room temperature.

DILLED GREEN BEAN AND PEPPER SALAD

- 1 1/2 lb. green beans, trimmed
- 1 red bell pepper, seeded, cut in strips
- 1 yellow bell pepper, seeded, cut in strips
- 2 tbs. Dijon mustard
- 2 tbs. balsamic vinegar
- 2 tbs. soy sauce
- 1/4 to 1/2 cup olive oil

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Recipes

ALMOND TOFFEE BARS

- 1 1/2 cups flour
- 1/2 cup confectioner's sugar
- 3/4 cup (1 1/2 sticks) cold margarine or butter
- 1 can (14 oz.) sweetened condensed milk
- 1 egg, beaten
- 1 tsp. almond extract
- 6 bars (1 3/16 oz. each)
- English toffee candy bars with chocolate, cut in small pieces
- 1 cup slivered almonds

Preheat oven to 350°.

In medium bowl, combine flour and sugar. Cut in margarine until crumbly. Press firmly on bottom of 13-by-9-inch baking pan. Bake in preheated oven 15 minutes.

In large bowl, combine sweetened condensed milk, egg and almond extract. Mix well. Stir in candy and almonds. Spread evenly over prepared crust.

Bake 25 minutes or until golden brown. Cool.

Cut in bars. Store in refrigerator.

Makes 24 to 36 bars.

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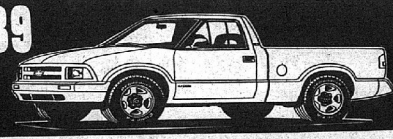
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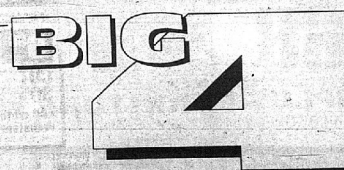
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Today's Food

Potato soup featured in St. Pat's feast

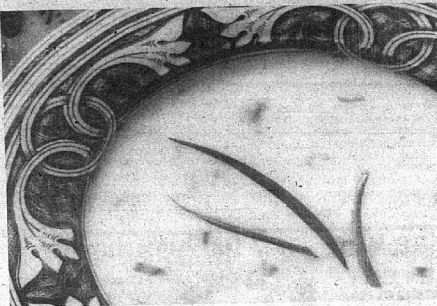
Meat and potatoes. Parsleyed potatoes. Potatoes au gratin.

Not surprisingly, Ireland's abundant potato crop has become a popular symbol of its culture and cuisine the world over. Lucky for everyone, the Irish have shared the drawing power of the pomme de terre to bring people together — especially when the taste of Ireland prevails each March 17.

Soup simmers with that same people-power. And soup made of potatoes creates a delicious, simple St. Patrick's Day dish that unites

family or friends for a special meal. Creamy Irish Potato Soup is a sumptuous sampling of traditional Irish fare that can be served as an appetizer or accompaniment to such customary Celtic cuisine as corned beef and cabbage, Irish stew or mutton or chicken dishes.

As a satisfying meal itself served with traditional Irish soda bread or warm rolls, Creamy Irish Potato Soup can be prepared and served in less than an hour for five delicious (one-cup) servings.



Potato soup is lucky main dish for "Irish" of every nationality.

CREAMY IRISH POTATO SOUP

- 2 tbs. margarine or butter
- 1 rib celery, sliced (about 1/2 cup)
- 4 green onions, sliced (about 1/2 cup)
- 3 medium potatoes, peeled, sliced (about 2 cups)
- 1 can (14 1/2 oz.) chicken broth
- Pinch pepper
- 1 1/2 cups milk
- Sliced green onion for garnish

In 2-quart saucepan over medium heat, cook celery and onion in hot margarine,

stirring occasionally, until tender. Add potatoes, broth and pepper. Heat to boiling. Reduce heat to low. Cook, covered, 15 minutes or until potatoes are tender. Remove from heat.

In blender or food processor, blend half the soup mixture and 3/4 cup milk until

smooth. Repeat with remaining soup mixture and remaining 3/4 cup milk. Return to saucepan. Over medium heat, heat until thoroughly warm, stirring occasionally.

Garnish with onion.

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Fresh Picks

Road to Irish, Thai hearts paved with green cabbage

Lots of people love the idea of coleslaw, but tune down the idea when they think about the necessity of shredding vegetables.

Now coleslaw is ready in a minute with a package of shredded green cabbage and carrots, packed to maintain their crisp, clean taste and texture. It makes a terrific base for whatever fruits, vegetables and/or dressing a cook wants to add.

This is a jazzy version with wedges of juicy fresh pineapple tossed with an assertively

seasoned dressing and a few other well-chosen ingredients. The result is Thai Pineapple Slaw.

THAI PINEAPPLE SLAW

Wedges of fresh pineapple, or 1 can (20 oz.) sliced pineapple, cut in quarters, well drained
1 pkg. (1 lb.) coleslaw

blend
1 cup chunked English cucumber
1/4 cup sliced green onion
1/4 cup oil-free vinegar and herb dressing
1 tsp. sesame oil
1 tsp. brown sugar
3/4 tsp. salt
3/4 tsp. red pepper flakes, if

desired
Chopped roasted unsalted peanuts for garnish

Combine pineapple, coleslaw vegetables, cucumber and onion in salad bowl. Whisk together dressing, oil, brown sugar, salt and pepper. Add to salad. Mix well. Sprinkle peanuts on top.

Makes 6 servings; 88 calories, 0.9 g protein, 3 g fat, 17 g carbohydrate, 549 mg sodium and no cholesterol each

Regular meals control weight

Skipping meals is not the answer to controlling weight. A person who goes many hours without eating is bound to be hungry and overeat at the next meal. It also does not give experience at eating properly throughout the day.

Instead, eat low-in-fat meals during the day and a healthy snack or two when hunger pangs strike. If there is little time to fix meals or if the only choice at work is high-fat foods, stack up on prepackaged foods that are nutritionally balanced and reduced in fat and calories.



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At Memorial Maternity Center, we believe that having a baby is one of the most joyous and exciting events in life. We want to make this event a positive one for you and your family. Our childbirth education programs are designed to help you prepare for a birth experience that will get you off on the right foot.

Early Pregnancy Class

This class addresses the questions that all expectant couples have concerning the early months of pregnancy. You will learn about baby's growth and development, physical and emotional changes during pregnancy, nutrition for a healthy pregnancy, the breast or bottle-feeding decision and preparing for childbirth. Classes meet from 7 to 9 p.m. on the first Monday of every other month beginning in January. Call 233-7750, extension 5649 to register.

Prepared Childbirth Classes

This series of four classes provides information about the labor and delivery experience as well as the birthing options available at Memorial Maternity Center. Participants are encouraged to register before the fifth month of pregnancy and attendance is limited to those delivering at Memorial Maternity

Center. There is a \$25 per couple fee. Call 233-7750, extension 5855 for class dates and times.

Childbirth Overview Class

This class provides first-time parents with an overview of the birth experience at Memorial Maternity Center. Labor, delivery and rooming-in options will be discussed. This class, limited to those who will deliver at Memorial Maternity Center, is held from 7 to 9 p.m. on the first Wednesday or third Thursday of each month. \$5 per couple fee. Call 233-7750, extension 5855 for exact times and dates.

Childbirth Refresher Class

The Childbirth Refresher Class is designed to give experienced parents updated information about the latest trends in labor, delivery and newborn care. Limited to those who will deliver at Memorial, this class is held from 7 to 9 p.m. on the first Monday of the month. \$5 per couple fee. For more information, call 233-7750, extension 5855.

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Cesarean Birth Class

This class will prepare you for the cesarean birth experience. A video presentation and discussion will help you prepare for your planned cesarean section. Held on the fourth Tuesday of the month from 7 to 9 p.m., there is a \$5 per couple fee. For more information, call 233-7750, extension 5855.

Prenatal Breastfeeding Class

This class is designed to provide information to those who are considering breastfeeding their baby. The class meets from 7 to 9 p.m. on Wednesdays of every other month. For more information, call 233-7750, extension 5855.

Breastfeeding Class for New Mothers

For women who have just started or are currently breastfeeding, this class addresses practical considerations and will provide important information and support for nursing mothers. This class meets at 10:30 a.m. every Tuesday in the HSN Room (located in the hospital basement across from the cafeteria). For more information, call 233-7750, extension 5855.

Baby Care and Parenting Classes

This two-session program teaches you how to care for, play with and protect your infant from birth to age 12 months. Topics presented

include: newborn care, infant feeding, baby bathing, when to call the doctor, home and toy safety, returning to work, finding a good babysitter and traveling with baby. Held from 7 to 9 p.m. on the first and second Thursday of every other month, this class has a \$5 per couple fee. Call 233-7750, extension 5855 to register.

Sibling Class

Memorial Maternity Center offers a Sibling Class to make it easier for big brother and sisters to prepare for and accept the new baby. This class is designed for children ages 3 through 12 and meets from 7 to 8:30 p.m. on the first Monday of each month. Limited to children whose sibling will be born at Memorial Maternity Center. \$2 per child fee. Class size is limited and reservations are requested. Call 233-7750, extension 5855.

Grandparents Class

This class acquaints grandparents with recent changes in childbirth and infant care practices. It discusses what it means to be a grandparent in today's world - how grandparents can positively support and influence their children and grandchildren. The class meets from 7 to 9 p.m. on the first Monday of every other month beginning in February. Class size is limited and reservations are requested. To register, call 233-7750, extension 5855.

Mint, chocolate, green mix for luck o' the Irish

Celebrate St. Patrick's Day with fun and dessert.

These desserts are made with seven-ounce chocolate candy bars with mint and cookie crunch. They are perfect for desserts that feature the color green and chocolate with a hint of mint.

Leprechaun Mint Cake begins with a yellow cake mix. Minty Shamrock Dessert is a simple-to-make layered treat that derives its light minty flavor from the chocolate bars, without using mint extracts or liqueur.

LEPRECHAUN MINT CAKE

- 1 bar (7 oz.) cookies 'n' mint chocolate candy
- Few drops green food coloring, if desired
- 1 pkg. (2 layers) yellow cake mix with pudding
- 1 cup water
- 3 eggs
- 1/2 cup oil
- 1 Cookies 'n' Mint Glaze, if desired

Preheat oven to 350°. Grease and flour 12-cup fluted tube pan.

Break candy bar in pieces. Using food processor, chop very finely.

Prepare cake mix as directed on package, using water, oil and whole eggs. In small bowl, reserve 1 1/2 cups batter. Stir into reserved chopped chocolate. Stir food color into remaining vanilla batter. Pour into prepared pan. Drop chocolate batter by dollops into center of batter, about 1 inch in from each side of tube.

Bake in preheated oven 35 to 40 minutes until wooden pick inserted in center comes out clean. Cool 10 minutes. Invert on wire rack. Remove pan. Cool completely.

Top with glaze.
Makes 12 to 16 servings.
Cookies 'n' Mint Glaze: In small microwave-safe bowl, break 1 bar (7 ounces) cookies 'n' mint chocolate candy in pieces. Add 1 teaspoon shortening (no substitute). Microwave on high power 45 seconds or until chocolate is melted when stirred. Use immediately.

MINTY SHAMROCK DESSERT

- 1 cup flour
- 1 cup sugar
- 1/4 cup cocoa
- 1/2 cup (1 stick) butter, softened
- 4 eggs
- 1/2 cup light corn syrup
- 1 bar (7 oz.) cookies 'n' mint chocolate candy

Preheat oven to 350°. Line 13-by-9-inch baking pan with foil. Grease foil. In large bowl, beat flour,

sugar, cocoa, butter, eggs and corn syrup until smooth.

Using food processor, chop candy bar very finely. Stir into flour mixture. Pour into prepared pan.

Bake in preheated oven 25 to 30 minutes until mixture begins to pull away from sides of pan. Cool completely in pan.

Spread Filling on cake. Cover. Refrigerate.

Pour Topping over filling. Gently spread over entire top. Refrigerate, covered, until firm. Use cookie cutters to cut in shamrock shapes, or cut in squares.

Makes 12 to 15 servings.
Filling: In medium bowl, place 2 cups confectioner's

sugar, 1/2 cup (1 stick) softened butter, 2 tablespoons milk and if desired, a few drops green food color. Beat until smooth.

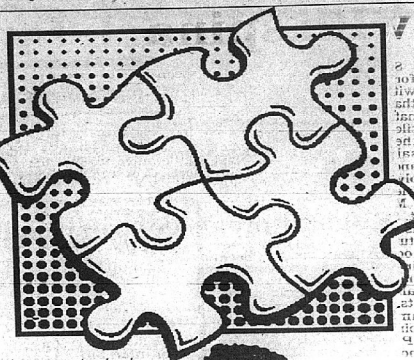
Topping: In small microwave-safe bowl, break 1 cookies 'n' mint chocolate bar (7 ounces) in pieces. Add 1/2 cup whipping cream.

Microwave on high power 45 seconds or until chocolate is melted and mixture is well blended when stirred.

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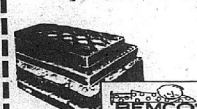
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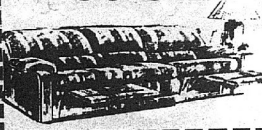
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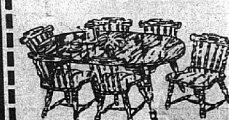
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Good Health

By KAREN COLLINS

Mix Italian soup flavor with spinach for spring

Spring is the peak season for leafy greens. Spinach, with more delicate flavor than other greens — is the national favorite. This versatile vegetable can turn up as the centerpiece of a spring salad, as a base for soups and dips, atop pizza, or simply on its own, steamed, stirred or sautéed.

Many ethnic dishes favor it. Spinach is used by Italians as a bed for fish or veal, as stuffing for ravioli, in green noodles or in any "Florentine" dish. Greeks use it to make a layered strudel pie called spanakopita or a pastissio casserole with ground lamb. The French delight in spinach quiche and crepes.

Providing iron, calcium and vitamins such as beta-carotene, spinach is also extremely high in dietary fiber. When selecting spinach, look for crisp, dark green leaves, and avoid wilted, yellowed or bruised leaves, as well as those with thick central stems.

When buying it prepackaged, sort and discard wilted leaves and place unwashed spinach in plastic bags in the refrigerator. Use fresh spinach within a day or two because it wilts and toughens after that.

Tomato Florentine Soup — a tasty vegetable soup with the flavors of Italy is a delightful accompaniment to almost any meal.

For a free brochure of nutritious international recipes, send a self-addressed envelope stamped with 52 cents postage to: American Institute for Cancer Research, Department AW, Washington, D.C. 20009.

TOMATO FLORENTINE SOUP

- 1 can (16 oz. each) tomatoes, (2 lb. large, fresh tomatoes, peeled, chopped, can be used)
- 1 cup coarsely chopped onion
- 1 can (15 oz.) kidney beans, drained, rinsed
- 2 cups water
- 1 tsp. beef bouillon granules, preferably low-sodium
- 1 cup uncooked macaroni, preferably whole wheat
- Pepper to taste
- 1 tsp. oregano
- 1 tsp. basil
- 10 oz. fresh spinach, coarsely chopped, stems removed, or 1/2 pkg. (10 oz. size) frozen spinach, thawed, stems removed

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beans, water, bouillon, macaroni, pepper, oregano and basil in large soup pot. Simmer 10 to 15 minutes, breaking tomatoes in pieces with edge of spoon as they cook. If soup gets too thick, add a little more water. Add spinach. Cook 4 to 5 minutes longer.

Makes four (1 1/2-cup) servings, 1.5 g fat and 135 calories per serving.
Registered dietitian Karen Collins reviews this material for the American Institute for Cancer Research in Washington.

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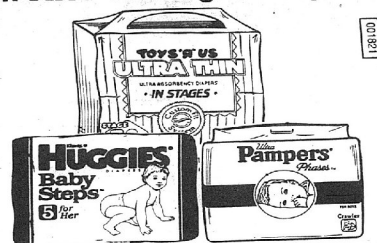
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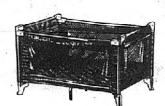


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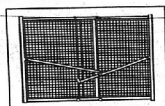
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Today's Food

Recipe

HERBED CHICKEN AND BROCCOLI

- 10 oz. boned, skinned chicken breast, sliced in 1/2 inch strips
 1 tsp. Italian herb seasoning
 2 tbsp. flour
 1 cup evaporated skim milk
 1 clove garlic, minced
 1/4 tsp. salt, if desired
 Pinch white pepper
 1/2 cup (2 oz.) shredded reduced-fat Swiss cheese
 1 pkg. (10 oz.) frozen broccoli spears, thawed, drained, cut in bite-size pieces
 Paprika

Preheat oven to 350°. Spray 10-by-6-inch baking dish with nonstick cooking spray.

Sprinkle chicken with Italian seasoning. Pound

between sheets of plastic wrap. Spray nonstick skillet with nonstick cooking spray. Sauté chicken until just no longer pink. Keep warm.

Place flour in small saucepan. Whisk in small amount of milk. Stir in remaining milk, garlic, salt and pepper. Cook over medium heat, stirring constantly, until mixture just comes to boil and thickens. Add cheese. Stir until melted.

Spread about 1/4 cup cheese sauce in bottom of prepared dish. Arrange broccoli, then chicken over sauce. Pour remaining cheese sauce over top.

Sprinkle with paprika. Bake, covered, in preheated oven 20 to 25 minutes until heated through.

Makes 4 servings, 197 calories each.

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matically includes fat, so health-conscious snackers should check individual products — including those called "light" — to ensure how wholesome it really is.

Whatever the numbers on the label, it compares to one ounce of dry-roasted peanuts with 170 calories, 14 grams fat and 200 milligrams sodium, or an ounce of tortilla chips about 15, which tallies about 137 calories, 7 grams fat and 105 milligrams sodium.

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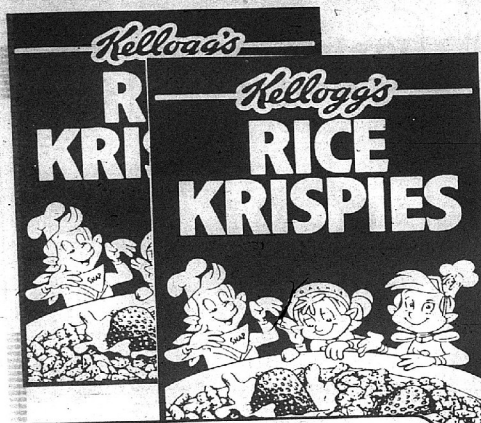
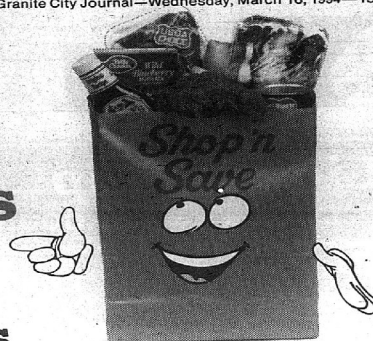
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TYSON CHICK 'N QUICK CHICKEN BREAST FILLETS 9 oz.	2.99	3.39	3.29	3.29
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These items were purchased on March 14, 1994 at National at 3830 S. Grand at 9:08a.m., at Schnucks at 8650 Big Bend 8:49 a.m., and at Dierbergs at 2516 Lemay Ferry Rd. at 9:52 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

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93 SC2-M White, 860 MI, Pack, Roof Leather, 4 Yr. Or 75,000 Mile Warranty. #0292P. \$16,800 ST.C	93 SL2-M Gold, 14xxx MI, Roof, Leather, ABS, 4 Yr. Or 75,000 Mile War- ranty. #0402P. \$13,295 ST.C	94 SL2-A Plum, 1xxx MI, Pack, CD, Roof, Alarm, Mats, 4 Yr. Or 75,000 Mile Warranty. #0451P. \$17,200 NC
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94 SL2-A No A/C, Blue, 9xxx MI, Cass, Cruise, 4 Yr. Or 75,000 Mile Warranty. #0404P. \$11,989 ST.C	93 SW1-A No A/C, White, 3812 MI, Cassette, A/C Prep, 4 Yr. Or 75,000 Mile Warranty. #0402P. \$12,518 ST.C	91 SC-A Blue, 38xxx, Pack, Cass, EQ, 2 Yr. Or 24,000 Mile Warranty. #0309P. \$12,795 NC
91 SL1-M Grey, 60xxx MI, Cass, 1 Yr. Or 12,000 Mile Warranty. #941055A. \$7,995 ST.C	91 SL2-A M. Red, 38xxx MI, A/C, Alloya, Mats, 2 Yr. Or 24,000 Mile War- ranty. #940014A. \$10,650 NC	92 SC-A B. Black, 46xxx MI, Pack, Cass, 2 Yr. Or 24,000 Mile War- ranty. #0292P. \$12,500 NC
91 SL2-A White, 49xxx MI, 2 Yr. Or 24,000 Mile Warranty. #0423P. \$9,995 ST.C	92 SL2-A M. Red, 32xxx, A/C, Cruise, Roof, HS, 2 Yr. Or 24,000 Mile Warranty. \$12,995 NC	92 SC-A Red, 37xxx MI, Pack, CD, Roof, 2 Yr. Or 24,000 Mile War- ranty. #0422P. \$14,100 NC
92 SL2-A Black, 27xxx, Cass, Per. Pig, 4 Yr. Or 75,000 Mile Warranty. #940232A. \$12,455 ST.C	92 SL2-M M. Red, 42xxx MI, CD, Per. ABS, Rem. Locks, 2 Yr. Or 24,000 Mile Warranty. #0432P. \$12,500 NC	93 SC2-A Balck, 42xxx MI, Cass., EQ, A/C, Rest, Mats, 4 Yr. Or 24,000 Mile Warranty. #0294P. \$15,420 NC
92 SL2-M M. Red, 23xxx MI, Cruise, Sunroof, Alloys, 4 Yr. Or 75,000 Mile Warranty. #04694A. \$11,795 ST.C	93 SL2-A White, 16xxx MI, A/C, 4 Yr. Or 75,000 Mile Warranty. #04952A. \$13,995 NC	94 SC2-M Aqua, 327 MI, Pack, Cass, 4 Yr. Or 75,000 Mile Warranty. #0409P. \$16,275 NC
92 SL2-M B. Green, 28xxx MI, Cruise, Alloys, 4 Yr. Or 75,000 Mile Warranty. #049512A. \$11,900 ST.C	93 SL2-A B. Green, 17xxx MI, Pack, Cass, Alloys, 4 Yr. Or 75,000 Mile Warranty. #0470P. \$13,900 NC	94 SC2-A Plum, 5xxx MI, Pack, Spoiler, Alloys, 4 Yr. Or 75,000 Mile Warranty. #0354P. \$15,355 NC
92 SL2-M B. Green, 14xxx MI, Pack, Alloys, 4 Yr. Or 75,000 Mile Warranty. #940107A. \$12,450 ST.C	93 SL2-A M. Red, 35xxx MI, A/C, Cruise, 4 Yr. Or 75,000 Mile Warranty. #0206P. \$14,100 NC	93 SW2-A B. Black, 8xxx MI, A/C, Pack, Flaps, Alloys, 4 Yr. Or 75,000 Mile Warranty. #0358P. \$14,189 NC
92 SL2-M B. Green, 27xxx MI, Pack Sunroof, Alloys, 4 Yr. Or 75,000 Mile Warranty. #04946A. \$11,995 ST.C	92 SL2-A B. Black, 4xxx MI, Pack, Cass, EQ, Roof, 4 Yr. Or 75,000 Mile Warranty. #0470P. \$15,763 NC	94 SW2-A Gold, 3xxx MI, Pack, Cass, EQ, Leather, 4 Yr. Or 75,000 Mile Warranty. #0404P. \$16,300 NC

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BF, 21	Attractive SWF, 34 Full-figured, 5'10", monic. Shees attractive, tall, honest, caring, independent. Looking for a relationship, possible marriage. DMV 0967	Ready for life DWF, 43, career established, children aged 6, 13, 17. Shee enjoys life, being out, interested in meeting a nonworking female, 30-35. Looking forward to life has no DMV 2511	Midwest SWF, 30's DWF, 30's, single, enjoys life, being out, interested in meeting a nonworking female, 30-35. Looking forward to life has no DMV 2511	Attractive SWF, 45 Full-figured, 5'10", monic. Shees attractive, tall, honest, caring, independent. Looking for a relationship, possible marriage. DMV 0967	Attractive SWF, 34 Full-figured, 5'10", monic. Shees attractive, tall, honest, caring, independent. Looking for a relationship, possible marriage. DMV 0967
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Jefferson County
Are you 55+, widower or DWAF? Do you need a date who will love you, be your friend, support you, share your life, make plans, discuss future, outdoors, must? Mail! VMB 1065

Wanted: trustworthy, blue eyed lady DWF, 40-45, interested like me, fairly good looking, for monogamous relationship. Write to: VMB 938

Mark, 39, please call back with phone number, VMB 3238

SF 36
Female, SF, 56, single parent, enjoys traveling, VMB 975

Searching for courtship
DWF, 33 professional, curvaceous, blonde, 5'6", 125 lbs., very outgoing, intelligent, caring WMA, 46-20, seeking for monogamous relationship, smoking, good humored, outgoing, fun loving, VMB 393

DFF, 50
54-145, honest, sincere, romantic, outgoing, very nice, VMB 975

Logically separated WMA
5'6", 105 lbs., enjoys camping, cooking, boating, cat, evenings, DWAF, 29, 120 lbs., 5'4", 100 lbs., outgoing, very nice, VMB 975

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<p>to be chased, does not respond to being chased. Seeking S/DNL 322.</p> <p>Attractive DWF, 37 5Y⁺, 140lbs, temporarily handicapped. Seeks attention, romantic S/DNL 304.</p>	<p>SWF, nonsmoker Seeks fun-loving S/DNL 40-50, who can play sports, movies, and travel. Likes to be admired, for company, has a good sense of humor.</p> <p>DWF, 36 5Y⁺, smoker, enjoys life, travel, kids.</p>	<p>Brown hair, blue-eyed Full-figured DWF, seeks S/DWL 28-30. Who enjoys outdoor, cinema, fun, and occasional nights on the town. W/ML 201.</p> <p>Widowed WF, 55 Brown hair, 150lbs., enjoys movies, group activities, camping, love to travel. Has a good sense of humor, company, being fun. S/DNL 294S.</p>	<p>SWM, 31, ft. 205lb. respectful, enjoys life, outdoors, and travel. Has a good sense of humor for relationship, possibly more. 4YU</p>
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60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100	<p>SWF 35 Widowed, thin, nervous, professional. Affectionate, stable and independent. Likes outdoors. Seeking SWF 30-42, good sense of humor. VMB 1470</p> <p>Widowed RF 60ish</p>	<p>Wants Meeting Affectionate, nervous, blonde, 39". SWF 50. Seeking female, caring SWF 50, over 150 lbs. Love farming, country life. VMB 1500</p> <p>WCF 38</p>	<p>DWF 53 5'4", 165lbs, blonde, 32WMB, 40-50. Very outgoing, outgoing, country male. Likes to travel. VMB 1500</p>	<p>DWF 43 Seeking female, 30-40, good 37-50, who enjoys children, sports, outdoors. VMB 1500</p>	<p>Ad from men 27, similar interests, pleasant, possible relationship. VMB 1500</p>	<p>Glues fan 3'11", 28, 170 lbs, brown hair, brown eyes. Enjoys hockey, fishing, baseball. VMB 950</p>	<p>Arms area 5'11", open minded. Seeking female, 20-30, blonde, 120 lbs. inner, spontaneous S/DK Compassionate, possible love relationship. VMB 950</p>
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DWF, 45
Dark hair, hazel-eyed, medium build, enjoys variety of activities. Seeking romantic, casual, or long-term partner. Is a good listener. VIM 1464

Professional DWF, 30
5'2", no dependents, enjoys reading, movies, dining. Seeking professional, casual, or very VIM, 38-45, friendship, possibly more. VIM 1659

North county blonde
Smoker, loves country western dancing, country western music, enjoys traveling, driving, and socializing. Seeking intelligent, fit S/DVIM, 41-52, 5'10", VIM 2968 to the blues, country western. VIM 2362

Smoker, loves country western dancing, country western music, enjoys traveling, driving, and socializing. Seeking intelligent, fit S/DVIM, 41-52, 5'10", VIM 2968 to the blues, country western. VIM 2362

Personals is a special service of the *Suburban Journal*. For more information call 1-800-442-1289, ext. 289.

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